

First Peace Pole Dedicated in County

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Women's Basketball Runs League Record to 7-1

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the Echo

February 3, 2010 Vol. 55 Number 1



WET AND WILD WEATHER

Henrik Finzi Gjertsen
Staff Writer

Two winter storms pounded the southland last week, making the first week of the semester harder on CLU students who were directly affected by the inclement weather.

The storms prompted officials to close Kingsmen Park due to flooding. Sandbags were placed around campus, and there was flooding on campus streets.

Fortunately for California Lu-

theran University students and faculty, there weren't any major problems that delayed classes from starting for the new semester.

"There was no power leakage that affected electricity on campus. Classes weren't delayed. For the rain we had, it wasn't that bad. Things didn't get out of control," said Fred Miller, director of Campus Public Safety.

Although it might not have been the worst rainstorm in the last 30 years, Southern California isn't



Left: Junior Chaz Hodges uses her cell-phone under the cover of her umbrella. Photo by Doug Barnett - Photo Editor

Top right: Flood warnings and structure damage were common during last week's winter storms.

Photo by Maxx Buchanan - Staff Photographer
Bottom: The creek that runs through campus overflowed during the heavy rains causing Kingsmen Park to flood. Photo courtesy of Ryan Van Ommeren - CLU Facilities



used to this kind of weather.

"There were problems on the football field — lakes in places all over the field — so we had to close the field for a day," said Marc Jacobsen, director of Facilities Operations and Planning CLU. "There were various leaks in different buildings on campus. The water got higher on the outside and started migrating inside. In one of the rooms in South Hall we had to dry out the

carpet and eventually replace it."

Most of the fields that were damaged by the storms are now in better shape because of the workers at Facility Operations and Planning. But it wasn't all well and good

for everyone on campus. For some students living in South Hall it was not the start of a semester they had imagined.

Some residents who live on the [See WEATHER, Page 2]

CLU students pitch in to help Haiti

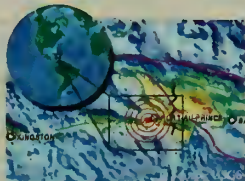
Alyssa Harris
Staff Writer

On Jan. 12, a 7.0 magnitude earthquake rocked the country of Haiti, destroying buildings and infrastructure, leaving an unknown number of Haitians dead or wounded and devastating a country.

Now, two weeks after the quake, relief efforts are continuing within Haiti and around the world to help the Haitian people

Nation left in ruins after powerful temblor

The rubble remaining from the destroyed buildings in Haiti's capital, Port-au-Prince, is estimated to easily fill to the top five football stadiums the size of New Orleans' Superdome, according to the Associated Press.



According to an Associated Press report, close to 70 percent of structures were damaged near the capital. In towns closer to the epicenter, damage rates were close to 90 percent.

One of the reasons for the high levels of destruction is because Haiti lacks any official building codes, according to the Organization of American States.

[See RELIEF, Page 3]

Gannon Smith
Staff Writer

Concern about the environment, rising gas prices, budget cuts and maintenance fees have driven CLU's Campus Public Safety to go electric.

Starting this year, Fred Miller, director of Campus Public Safety, has made the push to be more conscious of Public Safety's duty to the university, its students and the environment.

By moving toward electric vehicles, he said he hopes to accomplish three goals for the year: using electricity instead of gas, being a more visible security presence and going green.

Public Safety has four forms of transportation. They have two Ford Escapes, two electric carts,

a bicycle and one T3.

The idea to completely eliminate the use of the Escapes has been thought about, but there are too many negatives to going fully electric.

First, electric carts cannot go as fast as the Ford Escapes and they do not offer the same amount of crash protection.

"The carts are not as safe as the cars," Public Safety Officer William Irwin said. "For serious emergencies, depending on the circumstances, the carts are limited in response time, due to the necessity of taking care of personal safety first."

Second, the electronic carts cannot be used at night because they do not have bright enough lights for security to monitor the

[See SECURITY, Page 2]

A Country Devastated

Of the country's nine million residents, 1.8 million are either homeless or living in makeshift camps.

NEWS

IN BRIEF

President Kimball invites students to meet with him

California Lutheran University President Chris Kimball will host monthly office hours during the spring semester 2010 for students to come talk with him one-on-one.

These hours do not limit students from making an appointment at another time with the president, but are intended to encourage students to take the opportunity to meet with Kimball.

The office hours are as follows:
Feb. 22 from 2 to 4 p.m.
March 11 from 4 to 6 p.m.
March 26 from 9 to 11 a.m.
April 12 from 10 a.m. to noon
April 27 from 4 to 6 p.m.
May 10 from 9 a.m. to noon
President Kimball's office is on the first floor of the Pederson Administration Building next to the Registrar's Office.

Areas of campus closed due to Swenson construction project

Through Friday, Feb. 6, pedestrian access north of the new Swenson Center building will be closed due to electrical and communication underground construction.

Pedestrian access from the small parking lot off Regent Avenue to the Spies-Borneman Education and Technology Building, using the concrete fire access road, will be closed just west of the parking lot.

Access from the pedestrian spine traveling east to the small parking lot, Regent Avenue and the Ranch House will be closed.

Those on foot will still be able to access the pedestrian spine on the concrete fire access road (south of G Building) traveling east from Pioneer Street.

For more information, contact Valerie Crooks at (805) 493-3287.

Students return home with stories to tell

Beanna Woodhouse
Staff Writer

CLU students who studied abroad during the fall 2009 semester were welcomed back by the university community on Jan. 27 in the Lundring Events Center.

The event, hosted by the Study Abroad office at California Lutheran University, featured a reception where returning students shared stories and discussed their experiences while abroad.

Following the reception, returning students and study abroad peer mentors shared a meal.

"The welcome back event is a great opportunity for returning students to reconnect with other returnees and alumni," said Stephanie Shaker-Sullivan, program specialist for study abroad.

"It gives the students a way to reacclimate and have an opportunity to share their stories. It

also provides guidance and information as well as a creative way to network."

During the dinner the room was filled with stories of students' experiences abroad.

"One of my favorite memories while in Florence, Italy, was when I took a literature class. Throughout the semester I really connected with my teacher. She later invited me to her home in Florence where we had lunch together," junior Patricia Johnson said.

Senior Jeannie Schmitt shared a story of how she taught an English class to third- and fourth-graders while in Sweden.

"They taught me so much and they even made me a collection of photos that I still have. At the end of the year I gave them my e-mail, and since then I have received many e-mails from them," she said.

Other students shared stories of how they became connected to

different cultures and interacted with the local people.

"One day my roommate and I got really tired of white rice so one night we decided to make pasta. We then decided to invite the vegetable lady from the market across the street. She accepted and it then became a bimonthly thing," said Brittany Rham, who studied in Bamako, Mali.

In addition to the exciting stories that were told, the study abroad peer mentors led the returnees in discussions on ways they could put their global knowledge and intercultural skills to use.

"It is our hope that students will take what they learned while abroad and apply it back to their classes," said Lisa Loberg, director of Study Abroad.

As well as the information provided by the CLU Study Abroad committee, Loberg also invited returnees to a one-day confer-

ence in San Diego where students can connect with other study abroad students from around Southern California and learn tips for making the most of their experiences.

The Study Abroad office offers advising appointments daily at 2:30 p.m. for students considering going abroad.

CLU offers a variety of different program options, with over 70 destinations around the world.

Students who have already studied abroad and are interested in helping out with events, presentations and meetings can fill out a peer mentor form application online at the CLU study abroad Web site.

A meeting will be held tonight for peer mentors in Grace Lounge at 7 p.m.



For more information visit www.callutheran.edu/study_abroad/

Rain forces students out of South Hall

[WEATHER, from Page 1]

first floor were affected by flood-water and were moved out of their rooms from Jan. 21 to 26, spending one night in a local hotel and a few days in Conjeo Hall.

"It was all very stressful and a big hassle. It required a lot of unfortunate time on our behalf," said Kelsey Blassingame, a sophomore at CLU.

Blassingame's roommate, Theresa Bandurian, also a sophomore, explained the long process that took place in South.

"We were here on Jan. 18, and the floor was already wet. But on Wednesday it all got so bad that we had to move out all of our stuff in the lounge, and have it supervised

by a security," Bandurian said. "The carpet had to be changed because it simply reeked too much. The people from Facilities shampooed each room at least four times because it smelled so bad."

For the students living in South, everything has been worked out, and they are now safely back into their residence hall.

"Facilities were on it, worked very hard and took care of everything," Nathan Fall, coordinator of Residence Life said. "There were precautions taken about water building up near several residence hall in order to prevent any bigger issue, so there was a lot of trench digging and they certainly took care of that."



Photo by Matt Michaels - Staff Photographer

Campus Security Moves Ahead: Jamal Khan, a Campus Safety officer, puts gas into a patrol vehicle at a nearby filling station. Campus Safety is using other forms of transportation in an effort to save gas. The Ford SUV is only used when needed.

Running on empty

[SECURITY, from Page 1]
grounds with, or be seen by other drivers.

Third, during periods of inclement weather, such as last week's rain storms, the cars are used to offer protection and warmth to the officers while they perform their duties.

Finally, the electric carts are not licensed to drive on regular city streets, such as Mt. Clef Boulevard and Olsen Road, so if officers need to use one of those roads to respond quickly they would have to use one of the Escapes.

With usage of the electric vehicles, the Campus Public Safety is saving \$4,000 to \$5,000 this year. Miller said the use of the vehicles has created "a 50 percent reduction in fuel costs." This allows them to spend more on improving security at CLU.

"I would prefer a car because the carts cannot travel at the same speed," said Irwin, "but they are able to go on smaller paths, and are much more efficient for parking enforcement."

"It's a little different," said Supervisor of Public Safety Torey Smith, but he maintains that security is just the same as in the past.

The T3 is a higher-tech addition this year to Public Safety's line of electronic vehicles.

The T3 Motion Web site lays out the capabilities of the three-wheeled vehicle, which features a raised platform, lights, brakes, the ability to reach 25 miles per hour — all without producing emissions.

"The T3 is very effective and will pay for itself in one and a half years," Miller said. "It is versatile enough to take in buildings and monitor hallways."

Although Public Safety does not plan on taking the T3 inside a building any time soon, they have the ability to bring equipment and an officer to any incident inside or outside here at CLU.

"It allows us to be more visible to the students," Miller said. "We can hear and see better and overall it enhances public safety."



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Peace pole expresses hope for end to war and violence

Jenny Guy
Staff Writer

"May peace prevail on Earth." Those words, spoken in nine different languages, filled the air on Friday, Jan. 29, at CLU's Peace Pole dedication outside Samuelson Chapel.

"The peace pole is a symbolic way of expressing the hopes, dreams and prayers for people all over the world," said Dr. Juanita Hall, senior director of Multicultural and International Programs at California Lutheran University, and the person responsible for bringing this monument to the campus.

The founder of the Peace Pole Project, Masahisa Goi, began his life's work for peace in Japan in 1955, after a nuclear bomb fell on Hiroshima during World War II.

According to the World Peace Prayer Society's Web site, more than 200,000 of these handcrafted monuments have been erected in nearly every country on Earth.

Today, peace poles are one of the most recognized international symbols for peace.

Each pole may vary in height and size, but they are all inscribed with the same message and all symbolize a common hope: peace.

Goi's hopes have lived on.

CLU's new symbol for peace bears the message in English, Braille, Chumash, Arabic, Mandarin, Norwegian, Spanish, Japanese and Hebrew.

Banners from different nations served as a backdrop at the peace pole dedication.

Colorful ribbons streamed down from the pole and CLU's students, staff and members of the community were encouraged to hold on to these ribbons, connecting themselves to the peace pole throughout the ceremony.

The dedication began with a rendition of "Last Night I Had the Strangest Dream" performed by Skyler Butenshon and accompanied by several members of the Kingsmen and Regal Quartet.

"I think that when people look at the inscriptions on the peace pole they will see a bigger picture of the world and be reminded of the diversity of students at CLU," senior Shirley Wang said.

"What does a peaceful world look like?" CLU President Chris Kimball said during his speech at the dedication.

"It doesn't look like a pole, but it does symbolize what peace can mean for the world."

For senior Amanda Wallace, the peace pole will have a special significance.

"This is the same pole I saw



Photo by Robyn Poynter, Staff Photographer

Holding Out For Peace: CLU students participate in the dedication of Ventura County's only peace pole.

when I studied abroad in Egypt. Now that CLU has one, it really makes you feel connected to the whole world," Wallace said.

This event is not only significant for CLU, but also for Ventura County, since it is one of the first peace poles to be placed in the area.

A vital part of the dedication was the participation of members from the Chumash Nation, who are native to Ventura County.

Chumash elder Beverly Folkes

spoke at this event, voicing the Chumash's hopes for peace.

The final act of the peace pole dedication was carried out by Gil Unzueta, Chumash spiritual leader, who performed a tradi-

tional Chumash ritual to bless the pole.

Unzueta concluded the ceremony by saying, "Here, today, we are starting peace. We are bringing peace out into the world."

Cal Lutheran introduces clinical psych doctorate

Jakie Rodriguez
Staff Writer

Ventura County has much to offer with its beaches and quaint small towns. Next fall, it will become even more appealing with the introduction of a doctoral program for clinical psychology students.

The new program is formally titled Doctorate in Clinical Psychology (Psy.D.) and is a five-year program that will open in Oxnard next fall.

The doctoral program is designed for students who "are interested in continuing their education and obtaining a doctorate in clinical psychology," said Mindy Puopolo, director of psychology graduate programs.

The new doctoral program was created after years of research and careful planning, she said.

Students with either a bachelor's or master's degree are eligible to apply.

Space is limited, and only 17 students will be accepted for the 2010-2011 school year, Puopolo said.

"[The program] is a somewhat innovative approach to presenting clinical psychology curriculum that provides both breadth and depth and meets accreditation standard," Puopolo said.

The program differs from a typical doctoral program in that the focus of study is on "the development of clinical skills and on becoming effective clinicians who will work in applied settings," Puopolo said.

Some students have applied based on the merits of the staff already working at CLU.

"One of the biggest reasons for applying to the program is that

I can rely on the faculty to help me become a better clinician and succeed," said Kristina Rodriguez, CLU graduate student in clinical psychology.

All accepted students will be required to complete a one-year internship in addition to a written dissertation and passing a qualifying exam before graduation.

The doctoral program covers three main areas of course work.

The primary focus includes "a research track, a clinical-skills track and a six-course track on understanding disorders from historical and developmental perspectives," Puopolo said.

In addition to the curriculum and staff, the Ventura County location is another reason to apply.

"[The location of the school] is helpful to me because I want to work in Ventura County, so it would allow me to continue to build contacts in the region where I hope to have my career," Rodriguez said.

The prime location is not only a factor for graduate students, but for undergraduate students considering their options after graduation.

Junior Janett Garcia, a psychology undergraduate student, said the location "would be very convenient" if she chooses to apply to the doctoral program.

The curriculum and research seem to already be effective as some undergraduate students are considering applying after graduation.

"I will look into it and see if it is the right fit for me," Garcia said.

For more information
visit www.callutheran.edu/schools/cas/programs/psyd

Students working to aid victims



Photo courtesy of Nick Magaurn - Magaurn Video

Helping Hands: Fellow Haitians help bring a man into the hospital for treatment.

[RELIEF, from Page 1]

The quake has left Haiti in a state of distress, as some people have lost everything and are in need of assistance.

The much needed aid is pouring in. The CNN Web site has reported that close to 17,000 U.S. military personnel have been sent to Haiti.

Meals have been delivered to some 400,000 people. Three-hundred aid distribution sites are up and running, and between 130 to 150 flights are arriving every day on the single-runway Port-au-Prince airport with aid.

Students Call to Action

As countries from around the world are answering Haiti's call of distress, so are students at California Lutheran University.

Senior Casey Kloehn decided to put together a grass-roots, student-organized relief effort, which will provide both entertainment and aid for Haiti.

"We have a benefit concert that I am organizing," Kloehn said. "This is going to be a big deal for students. Also, the H20 club is putting on a dance that will benefit the Haiti relief fund."

Kloehn has enlisted friends, musicians, resident assistants, clubs and organizations, graduates and others who feel passionately about helping with the event on Feb. 18.

"There are many ways that students at CLU can become involved in the Haiti cause, including making donations, performing in the benefit concert and to spreading the word that the people of Haiti need our help," Kloehn said.

Last week there was a table set up by the flagpole next to the Soli and Humanities Center where the group was getting volunteers to sign up to take part in the event.

"I became involved because I was one of the people that Casey contacted," senior Ben Hogue said. "We watched the telethon together, and I thought that if people saw the passion we had for this grass-roots effort that it would be contagious to the rest of the student body."

All of the money raised by the benefit concert will be sent to Haiti to help the people affected by the earthquake, Kloehn said.

The benefit concert is one way that CLU students are contributing to the reconstruction of Haiti and the rehabilitation of its people.

CALENDAR

Wednesday February 3 <ul style="list-style-type: none"> Exhibit: "Exquisite Play" by Janet Neuwald Kwan Fong Gallery The Need: As One 10:10 p.m. Chapel Narthex 	Thursday February 4 <ul style="list-style-type: none"> Our Voice: A Celebration of Black Women in Music 7 p.m. Preus-Brandt Forum 	Friday February 5 <ul style="list-style-type: none"> Nordic Spirit Symposium 7 p.m. Samuelson Chapel Midnight Movie Club Lu 11:55 p.m. Westlake Village Twin Theaters
Saturday February 6 <ul style="list-style-type: none"> Nordic Spirit Symposium 9 a.m. Samuelson Chapel 	Sunday February 7 <ul style="list-style-type: none"> Super Bowl XLIV 3:30 p.m. PST 	Monday February 8 <ul style="list-style-type: none"> ASCLU-G Senate Meeting 5:20 p.m. Nygreen 1 ASCLU-G Programs Board Meeting 7:30 p.m. Nygreen 1
Tuesday February 9 <ul style="list-style-type: none"> Sophomore Slump Buster 7 p.m. Lundring Events Center 	Next Week: February 10-February 16 <ul style="list-style-type: none"> The Sounds of CLC: A Tribute to CLU'S 50th Anniversary The Need Valentine's Day <p>Do you have an event to submit to the Echo? E-mail date, time, location and contact information to echo@callutheran.edu</p>	



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FEATURES

Raising awareness: World AIDS Day at CLU

Nessa Nguyen
Staff Writer

It's been over 20 years since the AIDS/HIV epidemic made headline news in the United States. Due to public health initiatives and medical research advances, treatments and containment of AIDS has made great progress in our society.

Recently, California Lutheran University has established itself as a university that wants its students to be aware of the AIDS/ HIV virus.

Just in the past year, the university has provided demonstrations around campus as well as hosted specific events to bring awareness to its students.

More specifically, this past December, the university was provided with an opportunity to host the World AIDS Day event in hopes of not only educating the students more, but to also educate the public about this

infectious disease.

Amanda Whealon, a three-year associate of the World AIDS Day event and coordinator for student leadership at Cal Lutheran, works hard at providing students with valuable information about the disease.

Her main goal is to "teach students about responsibility and to educate and inform them about healthy relationships."

The Wellness Program is not to tell students what to do but to really educate them about making good decisions," Whealon said.

On Feb. 10, the Wellness program will be taking over The Need and hosting a night of mock speed dating.

After the speed dating, it will be a great time to ask questions and get answers about being in a healthy relationship.

This event will take place in a fun environment, providing a great place to learn. For more

information about healthy relationships or any other questions you can visit www.callutheran.edu/wellness.

Laura Ochoa, a first year associate of the World AIDS Day event and project coordinator for the Upward Bound program here at CLU, is

a strong advocate for AIDS awareness.

"When you are educated, you have power," Ochoa said. "It's important not to stigmatize someone because they could have an incurable disease."

Laura Ochoa
First-year
Associate/Project
Coordinator

Her hope is for the World AIDS Day event to become a county event, where more people from the Ventura area can

come and learn from those who may be diagnosed or those who know someone who has been diagnosed with the AIDS/HIV virus.

Ochoa's final note was, "make sure you give back and participate in whatever community you live in."

For individuals who want to get more involved or know more about upcoming events in the Ventura county area, there is a great organization called the Ventura County AIDS Partnership.

According to their mission statement, VCAP is an organization that provides grants for local nonprofit organizations.

VCAP is also co-convened by the United Way in Ventura and Ventura County Community Foundation, as well as a community partner of the National AIDS Fund. For more information about the organization you can visit its Web site at www.vcaidspartnership.org/.

www.vcaidspartnership.org/.

Dr. Chris Christen, a recently retired member of VCAP and director of clinical training at CLU, recommends VCAP as a great place to volunteer.

Christen first came in contact with the organization while attending a Latino task force to address AIDS and HIV to the Spanish speaking communities in Ventura County.

Christen stresses the importance of knowing "myths from reality when it comes to using good protection."

He continued by explaining how there is more than one way to get involved.

"There's advocacy, politics and volunteer work, promotion education and prevention," Christen said.

He concluded our interview with a very important final note, "Get tested. There's a lot of fear, but early intervention can make a lot of difference."

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FUNDRAISER!

A laugh a day will keep the doctor away

Nessa Nguyen
Staff Writer

Every other Thursday, in the Preus-Brandt Forum, CLU students can count on the dedicated improv troupe for an excellent dose of endorphins that will keep them gleeful through Friday. No need for props or show – nine personalities and their sense of humor are all it takes to cater an extravagant comedic feast.

The current improv troupe at California Lutheran University is led by Lisa Fredrickson, an adjunct lecturer of the improv class and an artist in the field with 20 years of experience. She takes on the adviser position and occa-

sionally hosts the 11 p.m. show in order to nurture young performers in the art about which she is so deeply passionate.

"Improv is very in the moment; it takes guts. That's what life should be about – saying yes," Fredrickson said.

Fredrickson said she is impressed by the freedom CLU improvisers have in their artistic expression, so they have total say in the content of the show. Sometimes they make decisions that offend the audience, but dealing with feedback is the best way to learn. "I'd rather see that than to have the students censor themselves onstage," Fredrickson said.

[See IMPROV, page 6]

A couple ways to look at dining

Editor's Note:

This issue begins a weekly review by columnists Antoine Adams and Alexandra Butler.

Each week, the duo will test out and analyze various activities for college students in the area.

Their gender differences will provide unique perspectives on each topic, helping readers determine creative ways to spend their free time and hard earned money.

Please send your suggestions for what you would like to see featured in this column.

[See HE/SHE, page 7]



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CAMPUS QUOTES: What is your New Years resolution?

Alex Powell



“Learn how to skateboard.”

Angie Schwartz



“To get an internship to jump-start my career.”

Matt Heagy



“Hit the gym more.”

Amnah Hassoun



“To keep long term commitments.”

If you have an idea for a Campus Quotes question, e-mail it to the Echo at echo@callutheran.edu

Behind the scenes: the CLU improv troupe

[IMPROV, from Page 5]

Fredrickson said she is impressed by the freedom CLU improvisers have in their artistic expression, whereby they have total say in the content of the show.

Sometimes they make decisions that offend the audience, but dealing with feedback is the best way to learn.

“I’d rather see that than have the students censor themselves on-stage,” Fredrickson said.

Members of the improv troupe came in with different levels of skills and personal expectations.

Junior Skyler Butenshon had familiarized himself with the group by accompanying them on the piano before his comical talent was discovered.

Freshman Jordan Stidham went on the show with considerable education about acting in improv.

Senior Amanda Wallace, a well-seasoned actress when she joined the troupe, never thought she had such comedic qualities yet has found her place among the rest of the seasoned troupe.

Despite all of this, the actors

generate amazing chemistry and fluidity once they start interacting and having fun with one another.

According to Ryan Strand, a member since Spring 2009, it takes a certain amount of quick wit to do improv, but it is not about acting.

Improv requires actors to let loose, think on their feet and get caught up in the moment.

“Unlike getting ready for a play where there’s a lot of pressure and anxiety, warming up for improv is super fun,” Strand said.

Besides, messing up in improv is not a crime but an opportunity for others to exploit the humor in any given blunder.

Strand says he loves the diversity of the troupe and the fact that everyone has “their own thing” when it comes to performing.

Sophomore Lauren Osga is in her second year as part of the troupe.

She finds herself typically playing the straight character who contrasts herself to the ridiculousness of the others.

Senior Ryan Capriccio is a sarcastic bullet, although he is much



Photo: J. Doug Barnett - Photo: E. Ahar

Crack-up: The improv troupe provides laughter for the audience as well as themselves.

quieter offstage than one might think.

Nevertheless, the unbalanced male-to-female (7:2) ratio in the

group is quite obvious.

“It is difficult for women because there is a pressure on them to be pretty all the time,” Wallace said.

As much as she embraces femininity and composure, she loves to tear down those barriers by putting on her most playful and goofy side for the show. Indeed, improv actors win over the audience with their energy and personality, not with their looks.

Sometimes sporting absurd garments assists them in channeling humor and showing the audience that they do not take themselves too seriously.

Freshman Tommy Schofield, memorable for his lanky frame,

beanie hat and over-the-top stage personality, knows this best.

“I like to wear a bright neon headband on stage because it helps me get in the mood,” he said.

Improv is not only a good skill for actors, but also beneficial for anyone who wants to explore unconventional ways of expressing themselves.

Watching improv is a sure blast but doing it can be even more exhilarating.

For those who are interested in discovering this art form, the theatre department offers a single-credit improvisation course every semester, which accommodates students of all majors.

THE FASHION PLATE: A HEALTHY SERVING EACH WEEK ‘These boots are made for walking’



Heather Taylor

A few weeks ago, a new semester started on campus. Bringing with it not only students, but a downpour of seemingly endless rain.

Wading through the small pools of collected water alongside the streets required serious footwear.

If you own a pair of rain boots, congrats, you stayed dry!

My mentality on buying rain boots is that the second I do, it won’t rain. Ever.

I spent the next four days in heels with the explanation that it elevated me slightly above the soaked ground.

The truly terrifying moment came in the form of the shapeless brown puffed up boot that shuffled to and from classes.

The UGG invasion.

From what I’ve been told, these shoes are not waterproof which surprised me because given the weather; I assumed that they must have had some sort of built-in rain protection. According to outside research, this is not so.

It takes a lot for a shoe to strike fear into my heart and the UGG has done exactly that.

Shoes are handcrafted with the intent of making anyone feel like they stand out from the crowd. In some ways, this is done with a stiletto to maximize height.

While the UGG may be comfortable, it is in no way flattering to one’s appearance. Shoes say a lot about who we are and where we are going in life. They should be utterly remarkable.

Oh, the places you’ll go for a good pair. I recommend starting with Zappos.com, the ultimate in shoe heaven. A wide variety of men’s and women’s styles, designers, colors and most importantly, sizes. This site covers them all and even offers free shipping on orders (this is often subject to change).

While Zappos is a bit more casual, Chinese Laundry bumps it up a notch with dressier shoes and is filled with a great selection as well.

Their assortment includes a section dubbed “Vintage Laundry” with shoes from their older collections and a gorgeous selection of vegan shoes.

Those who frequent Nordstrom stores and site will have undoubtedly noticed the brand Irregular Choice. They specialize in booties and pumps that have a whimsical flair like scalloped edges and ribbons, and are often in shades of teal or royal purple.

A quick visit to their official Web site reveals more of the shoes, once you navigate away from the slightly alarming and overwhelmingly neon bright home page.

Stick around a little longer and register with the site for savings and discount vouchers e-mailed regularly each month.

Chilly weather and occasional rainstorms will still call for a sturdier shoe.

For men and women alike, I recommend Frye boots.

These boots are sold on the-fryecompany.com and select Urban Outfitters locations.

Made with quality hardware and rich leathers, Frye boots not only look amazing, but with proper care, they can last for years.

So go on, and walk a mile in these shoes.

the Echo
2009-2010

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She liked dessert; he dug the big-screen TV

She said:

Where do you want to go for dinner? This is a question roommates and friends debate almost every day.

What if I told you I know a place with stars hanging from the ceiling and snug couches that swallow you as you enjoy the crisp fire on a patio while enjoying a live band on a warm night?

That's right, with something on the menu for everyone, and food that you can afford, there is Limon's Latin Bar and Grill in Simi Valley Town Center.

The entrance has a crystal rock fountain that is really eye-catching and different from everyday restaurants. The atmosphere of the restaurant is retro, chic and smooth. The booths are tall and white and some have personal canopies, which are perfect for private dates.

As a girl, I always worry about what to wear. The best part about this place is the dress code. Girls can show up in either their favorite shoes or in flip-flops. It's the atmosphere of exotic flowers and twinkling lights that will impress you, rather than the styles of other people.

Guys can wear their most casual outfit or nice jeans. How ever you feel best is appropriate. It's, basically, come as you are. It is the kind of place where you could go with your friends or on a date. But, if you wear your dancing shoes, there is a live band.

The menu varies from steak to salads with flavors and spices to satisfy any craving. If you're looking for a getaway from the typical Chili's, Lazy Dog Café and B.J's, Limon's is your spot.

The food is excellent and service is friendly. I personally am a very picky eater and allergic to some

food. However, Limon's showed no problems. I got an Ahi tuna salad, and wish I could have it all the time.

If you're a dessert person, they even have churros. This is a place where delicious treats called "fruit loops" and "gummy bears" are not for kids.

He said:

Limon's Latin Grill, is a great place to go relax with friends, or go out on a date. It is set up with one half of the place all about the bar and the other half is the main dining room area, with live music playing.

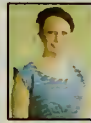
Right when I walked in, the first thing I noticed was the full patio/bar area, with TVs wrapping around from the bar to the 50-inch screen.

The patio area is looks out to the mall with couches and fire, which is a perfect setup if you're on a date. The restaurant has great specials all throughout the day, five days a week.

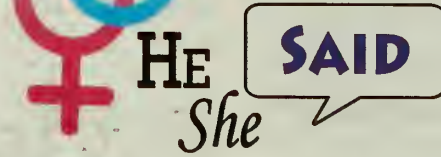
I sat in the dining room area, which is smaller than most restaurants, but the lighting, decorations and music make up for it,



Antoine Adams



Alexandra Butler



setting off a great ambiance on a date.

The waitress was very nice, polite and was prompt with our drinks and meal. She never left us waiting long.

As a man, I simply want to have good food and good drinks for cheap.

I got the chipotle linguini. Basically, it was spicy chicken pasta with chipotle sauce and spices. By the end of the meal I had a little extra for lunch the next day.

Dessert was out of the question, due to the fact I was too full to eat any. But looking at the menu, it sounded good and the price was right.

The bill was fairly cheaper than expected. Dinner for two great meals would only cost you around \$35.

Overall, I was pleased with the experience. If you have a group of friends, the restaurant has great drinks with plenty of entertainment and live music, and the place turns into a club on the weekends.

If you have a date and want to take her outside of Thousand Oaks, this is a great place to start.

Overseas military studying MBA

Andrew Adams
Staff Writer

Soldiers stationed overseas, in the Armed Forces have begun the process of getting their degrees online while completing their service.

The recent expansion of the Post-9/11 GI bill has led to a growing amount of service members signing up for online classes.

As a part of the new bill, the Veterans Affairs committee will pay the tuition and fees up to the price of the most expensive public university in each state, while also providing a living stipend and \$500 a semester for books.

According to The Patriot-News, 385,000 veterans and active military have applied for these benefits over the past week. "The program was something I could do to prepare for my post-military career while living in Europe and Iraq," said Wallace Larson, a former lieutenant colonel who earned his MBA from California Lutheran University.

Taking classes while being stationed in remote desert locations can lead to unexpected difficulties, such as mice chewing through Internet cables or Internet systems that can't process large Power Point files, so it takes a dedicated student to complete coursework.

Textbooks frequently arrive after classes begin, making service members play catch-up from the start of class.

Communication can also be difficult at times as a soldier might be working on a project with students from multiple states or even countries.

"I couldn't imagine going to school while also having to worry about possibly fighting for my life," CLU senior Victor Jones said. "I definitely have the utmost respect for the men and

women who can handle such pressures."

There are many benefits to this program. Service members who complete their degree are not only better equipped to deal with the nuances of battle, but are also better prepared to enter the job market after completing service.

As opposed to starting school after returning from battle, soldiers can now immediately return to the workforce after their time in the military is up.

This can help soldiers acclimate to civilian life much easier and reduce stress that can result from uncertainty regarding life after service.

"This program has opened doors for me for potential employment," Larson said. "The economy has proven problematic with job hunting, and I have decided to start my own financial planning firm using the foundation of knowledge I gained at CLU. It is because of CLU that I have the confidence to strike out on my own as a financial planner."

Communication professionals share career tips in tough, competitive job market

Haley deVinney
Staff Writer

If you are a communication major, you have probably been asked many times what exactly a communication major does. What kind of careers can a communication major go into?

The Communication Speaker Panel answered that question this past Friday, Jan. 29.

The first person to speak was Sarah Holmes, executive director of research with Frank I. Magid and Associates, a company that does entertainment research and consulting. Holmes specializes in kids' TV, gaming, new media and entertainment programming. She graduated from California Lutheran University in 1999 with honors and a B.A. in marketing communication.

Originally she thought she wanted to go into advertising, but discovered her passion was qualitative research. Some aspects of her job include getting to know the consumer and making sense of the data.

While she made it clear she enjoys her job, the negatives of her work include the times and locations of the focus groups she conducts. As she finished speaking she said, "If I had to quickly sum up the three things I like the most about my job, it's always different, I'm working on various topics day to day and it's always changing."

The second speaker was Trevor Connor, a broadcast journalist with an NBC affiliate in El Paso, Texas. He earned his bachelor's degree in communication with a media production emphasis.

Trevor spoke of his job with energy and a dash of humor. After graduating from Cal Lutheran, he sent out his resume all over the country. He decided on El Paso because of its weather and how close it is to his home.

El Paso borders Ciudad Juarez, which is one of the most deadly towns in the world. At the end of 2009 it had a total of 2,600 homicides.

"It's an interesting place to be living and obviously when you're in the news it makes it even more interesting," he told the overflow crowd in the Roth Nelson Room. In the "Troubleshooters" segment, the Channel 9 team follow up on the complaints of ordinary citizens and bring light to their troubles.

In one such episode, an angry boss keeps writing his employees hot checks, but insists he isn't. Connor showed a clip where he and his cameraman nearly get into a fight with the boss while he is trying to throw them out of the building.

His job certainly isn't lacking excitement and he said that he loves that it's pretty much different every day. While he sometimes has to work 12-hour days, he still finds his job fun.

Heidi Creed found her passion by first figuring out what she didn't want to do. She spent five years working for Clear Channel Communications, which made it clear to her that she didn't want to be in the corporate world. She went back to school to pursue her MBA and graduated in 2000.

Creed discovered her passion was sports marketing and with some networking, arrived at her current job. She is the director for the Dole Great Race of Agoura Hills and the acting editor for Los Angeles Sports and Fitness magazine.

While discussing her job, she expressed how much she loves the flexibility of it. She can work from home when she wants. She also likes being able to "see projects through from the beginning to the end."

However, being both an editor and director makes her feel like her "day is never done."

The next person who spoke was someone who is quite recognizable just by his voice. Lee Marshall is a voice-over actor and has been in the radio and television industry since he was 14. He is best known for being the voice of Tony the Tiger.

Marshall never finished college and he readily admitted that it didn't hinder him professionally. His voice has been heard everywhere from radio, to television and movies. He has even been inducted into the Radio Division of The Rock and Roll Hall of Fame.

The biggest regret he has in life, however, has been that he never finished college.

Marshall stated that "In 46 years of radio and TV, none of them have been boring." He ended his talk with a statement that challenged the audience to consider being in the radio industry.

"[Radio] needs to be reinvented. We're looking for people to cause that to happen."

The panel ended with the speaker Nadine Rajabi, a comedian and XM Satellite Radio host. She's also a blogger, works for television and radio studios and is a regular at top comedy clubs.

While she made the audience laugh many times during her speech, what was really impressive was her dedication to her career. Out of everything she learned at Cal Lutheran, she was grateful for learning how to discipline herself and to not have an ego. She said what she loves most of all is "Every day I get to wake up and be creative."

If anything was to be gleaned from this speaker panel, it is that a communication major can lead you in many different directions. As long as you have the dedication and strong work ethic, you'll find a career just right for you.

"In 46 years of radio and TV, none of them have been boring."

Lee Marshall
Radio and TV expert

OPINION

Quarter-life crisis hits Generation Y seniors hard



Reshai
Tate

You may be thinking to yourself, "I've spent the last 17 years of my life in classrooms." The immediate question then is, "now what?"

If your thought process is anything like mine, then you're already in panic mode.

When it comes to life after college, there will not be syllabi or a rubric to follow. As students, that's how we've learned to navigate life.

Unfortunately it's not that simple after college.

The topic of the future almost

inantly causes college students, especially seniors, to squirm. There are so many questions we ask ourselves.

Have I prepared enough?

Will the skills I've learned in class really translate in a "9 to 5?"

Am I even ready to commit to the daily grind?

The simple task of deciding on what to order at the Centrum is enough to make my head spin, let alone thinking about a future profession.

Luckily there is a name and even a good explanation for all the worry we, as students in transition, feel. If you haven't heard of it before now, it's called the quarter-life crisis.

As we face our looming adulthood, we struggle with

anxiety over everything it entails.

Considering everything from where we'll live after college to how we'll pay back our student loans, we stress over what seems to be a never-ending array of future issues.

To complicate things even more,

The topic of the future almost innately causes college students, especially seniors, to squirm.

we stress over intangible things like our competence in graduate programs and strategic career moves versus choices that are more about vocation.

Let's not forget the self-inflicted burden of impressing the people around us.

Not only do we want to feel accomplished, but we want the people around us to take notice as well.

Though there may not be a remedy for all these anxieties we feel, it's a comfort to know that we are all in this thing together as students.

The support we can offer one another undoubtedly helps to ease some of the pressure we all feel.

I'm finding that the best way to cope with anxiety of my own quarter-life crisis is to actively stay open to life's possibilities.

Though that may seem like mere optimism, it also means

being content with not knowing everything and leaving room for you to receive the unexpected.

It means switching perspectives from fear of the unknown to excitement for the adventure.

Try seeing the glass half full instead of half empty.

So even though you may be a 20-something with a short resume, a hefty amount of student loans and possibly without set plans for your post undergrad life, as your college years draws to a close, remember that there are lots of us in your same shoes.

More important, remember that it's all about perspective.

The way you view this time in your life can make all the difference.

Driving danger in SoCal rain



Jennifer
Nechiporenko

Ask anyone where the worst drivers in the United States are and you are sure to get one common answer: California.

Tailgaters, speeders and inattentive drivers make California roadways a hectic environment.

In the defense of Californians, where else in America do drivers have to sit in rush-hour traffic where the number of cars on a freeway often outnumber the number of people living in some counties of other states?

As if driving on freeways in California's sunshine and clear skies is not stressful and annoying enough, the rain from the last week's has made matters worse.

"California: Land of the Speeders" quickly turned into "California: Land of the Hydroplaners" when rain flooded the freeways.

It is difficult for some people to understand there are certain precautions we have to take when driving in the rain.

Rainy days in Southern California are far and few between so it is safe to say everyone could use a little refresher on rainy day driving tips.

On my way back to CLU after the holiday break, numerous vehicles refrained from turning on their headlights in the rain. Then, they proceeded to drive in the white cloud billowing out from the semitruck traveling next to or in front of them.

Another major issue: the people who drive 85 mph through the ocean-sized puddles that occupy most of the fast lane.

Hydroplaning is not an Olympic sport; stop training like it is one.

Even if you do not plan on speeding through the rain puddles, it is always a good idea to check that your tires are properly inflated.

Since it takes longer for vehicles to stop in the rain than it does in normal weather, one of the easiest

precautions to take is to stay further behind the car in front of you.

According to the Automobile Club of Southern California, you should increase your following distance by at least two to three times while driving in the rain.

Whether in rain or in shine, Californians have the biggest problem with paying attention; more specifically their lack of paying attention.

Everybody is guilty of this one. If you are texting, talking on the phone, obsessing over a conversation that did not go your way, or flipping through CDs then you are not fully paying attention.

As hard as it is to break habits, we should all try harder to refrain from these activities while driving in the rain.

To all of those proud practitioners of the "California Rolling Stop," let's try to be safe out there during the rainy season.



For more tips on how to drive safely in the rain go to SmartMotorist.com.

Big changes planned



Courtnie
Bautista

Ever wonder what your school would look like if you decided to return after a decade?

Well have no fear, the answer is here.

Over the past few years, CLU's campus has been changing right before our eyes.

We have had a new gym, pool and dorm building constructed. But those changes are nothing compared to what's to come in the next 10 to 15 years.

Some might say the campus will be unrecognizable to the students who are currently at CLU.

CLU's Director of Auxiliary Services Dan Slattery believes these changes will benefit CLU in more ways than one.

The school has decided to move away from one story buildings and transform the look of the school.

Some of these ideas of expansion include getting a Jamba Juice on campus, which is planned to be ready by this upcoming summer.

This Jamba Juice will be in the current a la Carte area on the Spine.

Students will have the option to purchase a Jamba Juice using either a meal, bonus points, munch money or cash.

One reason for this expansion is to bring more options of a healthy meal for the students. It will serve as a great on-the-go snack.

With Jamba Juice joining our campus, we will be the smallest college in the country to have one.

Now that's saying something about the big changes to come.

It will be the first franchise to hit our campus and hopefully not the last.

Other changes to look out for will be a performing arts center, which will be in the current Kingsmen football field area. A new stadium is planned to be built on the other side of Olsen Road joining the Gilbert Sports and Fitness Center Complex.

Our cafeteria, bless its soul, will be moved to the current Student Union Building area, and then the SUB moved to the Old Gym.

This is bound to be the biggest change.

The new cafeteria is planned to

In a decade, the campus will be unrecognizable to the current CLU students.

be much larger, with all different types of food. It will also have a little coffee shop where students will have the chance to sit and relax with friends or grab a cup to go on the way to an early morning class.

We are keeping up with the big dogs.

These are just some of the many plans that CLU has to help its campus grow and blossom into so much more.

So what do all these changes mean for our students?

This means more classrooms, more options and more of the needs met for future students.

It is less about expanding our class sizes and more about expanding the knowledge of the students who attend.

The goal will be attracting well-rounded students who will have the option to learn in a new psychology building or dance in a new dance studio.

As Winston Churchill said, "There is nothing wrong with change, if it's in the right direction."

These changes are pointing us in the right direction toward a new and improved CLU.

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Please limit responses to
250-300 words.

Letters to the editor must include your name, year/position and major/department.

The recession's major impact *A new lease on books*



Erica
Larson

In an economic war zone, college kids pick professions based on salary potential.

Often referred to as "the best years of my life," the college experience is famous for creating lasting memories, cultivating lifelong passions and initiating many changes within oneself.

In 2010's frenetic uncertainty, however, college students have had a more pertinent agenda: graduate and get a good job.

With all of the focus on the wide-ranging wrath of the economy, many students feel pressure to settle on a career path with greater financial security.

As the time draws nearer when students must declare a major, seek an internship and settle on future employment, college kids across America must ask themselves: is making a lot of money really the key to a happy life?

Money can provide some level of security, but security itself cannot buy happiness.

True happiness comes from within. By discovering who you

really are and learning about the world in which you live, happiness abounds.

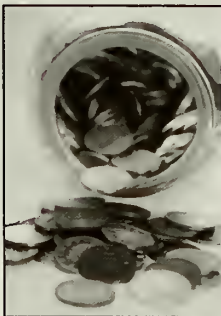
Though college has always been a means to an end (finding a profession) but it may also be a means to a means: specific experiences both in and outside the classroom that are worth the cost of tuition because they help reveal and develop many truths about oneself.

Attending college is meaningful in ways beyond the allure of a large future salary.

However, as America struggles to stabilize itself and regain economic homeostasis, it is easy to see why many students are feeling pressure to either graduate quickly so they can begin to make money or begrudgingly spend more time in school in order to secure a job within a more lucrative – but not necessarily more desired – field.

It is a wonderful goal to be self-sufficient, but life is more than just being able to afford rent and pay bills.

Life is about loving what you do, and doing what you love. College is still one of the best places for people to learn and grow – a safe environment where trial, error and experimentation with different crafts and trades might ultimately inspire a true "calling" within.



<http://www.freeditdigitalphotos.net/>

Every one has different reasons for attending college, but one fact remains universal: a college education is a gift, and much like life, ends as soon as it begins.

Therefore, students should revel in their college years by looking past the bachelor's-degree-vending-machine mentality and finding something they can enjoy.

Though the road before us is ready for paving, the direction it will run is for us to decide.

With time and careful contemplation, college will certainly bring guidance.

But, if our only incentive is something that fills a wallet, we might be setting ourselves up for years of disappointment.



Julie
Randall

At last! It seems as though students have finally found a solution to the problem of high priced textbooks.

Thanks to the new and innovative Web site known as chegg.com, students can rent textbooks online for only a fraction of the original price.

In these hard times, renting books is undeniably more economical. If the trend continues, buying books from on campus bookstores could very easily become a thing of the past.

The benefits of using chegg.com are vast and the process is simple.

Books can be located through the Web site's search engine and once ordered, arrive within four to seven business days.

As a student who has struggled with high credit card bills from books, I was thrilled to discover this alternative.

The Web site's philosophy known as the "Cheggifesto" encourages critical thinking.

The motto "Don't buy it" has a dual meaning.

Chegg encourages students not

to buy overpriced textbooks or buy everything they hear. Think for yourself and ultimately form your own ideas and opinions.

In addition to inexpensive textbooks and a catchy motto, chegg.com is part of the eco-friendly or "green movement."

"Chegg.com is amazing! Not only do they plant a tree for every book you rent, but the shipping is included in the price," freshman Stephanie Siewert said.

The company is a partner of Global Releaf, American Forests education and action program. Not only are trees being saved through reusing textbooks, but for every book a student buys, a tree is planted.

Environmental issues are experiencing a surge of recognition this year as part of a pop culture trend. The "go green" movement has launched college students across the nation into frenzy to save the planet.

Chegg's eco-friendly efforts give students even more reason to rent.

Other CLU students have caught onto the book renting trend.

"It's a really good deal compared to buying books from the bookstore," freshman Antonella Puglisi said.

"I spent 50 percent less than what buying books from the bookstore would have cost me. I got free stuff too."

Campus security leaves gaps in CLU's safety net



Gabby
Gomez

After watching campus security try to chase down a car doing doughnuts in the parking lot by North Hall, I got to thinking: How

effective is CLU Security?

Students like myself joke about the Segways that security use on duty and laugh about how many vehicles security owns.

There have been many instances where I have questioned how safe our campus really is with campus security.

I lived on campus over the summer, and for a week we

were kicked out of Mogen for maintenance. Residence Life moved us into an on-campus house just a few houses down from the Echo office.

My roommate and I went to check out the house a few days before we were given the keys for the house.

To our surprise, the door was already unlocked.

We explored the house and found a lot of items in the garage as storage.

We left the front door wide open, but campus security did not stop to check the house when they were writing a parking ticket for a car on the street.

Just after break, a student reported that she had seen beer cans and trash in what she had

thought was the Echo office.

Echo staff investigated the university-owned house adjacent to the newspaper office where they noticed sleeping bags and beer cans littering the house and a wine bottle in the fridge.

I was left questioning why security had not checked the house.

This could become a danger to students on campus and the house itself.

We have a small campus and the construction projects have brought more people here every day.

I support our school growing, however, there needs to be a stronger security process for all campus visitors.

Campus security needs to be patrolling the construction area as well as all parts of the university more effectively.

Our school spent roughly \$6,000 on a Segway for our Campus Safety officers to patrol the grounds although they already have a golf cart and two SUVs.

The Segway did not prove to be effective in helping security catch a car doing doughnuts in the parking lot.

Four forms of patrolling is not necessary for a campus of our size.

Security should monitor those coming in and out of our dorms and houses rather than wasting resources and time giving out \$25 parking tickets.

Campus security needs to re-evaluate their approach.

Sophomore Slump Buster's Welcome Back Bash!



February 9, 2010
7:00PM
Lundring Events
Center



Free Food! Free Fun!
This event is the kick off of the semester
for Sophomores
Join us for pizza and
Falcon Adventure icebreaker activities!



For more info, contact
McKenzi Harwick at
stuprogknks@callutheran.edu

SPORTS

Cal Lutheran goes international Down Under

Josh Larson
Staff Writer

Starting off 2010, Cal Lutheran baseball ventured into international waters to play in Australia.

The Kingsmen spent 10 days and played a total of seven games Down Under in two different territories. They faced off against the state and national teams from Australia and almost broke even with a 3-4 record, while defeating the Queensland Rams state team as well as winning two games against Lismore City.

Many of the players who went on the trip hadn't even stepped foot outside of the United States, or played international baseball. In addition, the majority of the teams they faced had Major and Minor League baseball players on them.

"It was a ton of fun playing in Australia. The people were so nice there and we beat one of the best teams in Queensland, it was a sick game. We only beat them by one run and the game was packed. The only thing left to say is, 'cheers

mate," senior Matt Martin said.

Junior Colin Gray also had a good experience playing abroad.

"It was an honor to represent my school and my nation on such a fantastic stage," he said.

While the team wasn't playing baseball, they were touring the best of what Australia had to offer. They stayed on the Gold Coast and got a chance to hang out at Surfer's Paradise, one of the best surf locations in the world.

The team also toured The Currumbin Wildlife Sanctuary and saw firsthand the unique wildlife of Australia. Along with the opportunity to see the sites of Sydney, they got to play two games in the world renowned Olympic Stadium.

"The best part of the trip was going out with the team and experiencing a new country. It was a whole new experience that I will never forget," senior Chris Hertz said.

For the players who were able to make the trip to Australia, it was an experience of a lifetime.

It is not often that baseball players at the college level get the chance to play international baseball. Stateside, the Kingsmen began their 2010 season over the weekend in a doubleheader against the La Sierra University Golden Eagles.

"The trip was a once in a lifetime experience for the majority of ballplayers that play at this level of competition," said Marty Slimak, head coach of the Kingsmen.

It was great to receive first class accommodations, and play baseball in front of the Australian people."



Photo courtesy of Josh Larson

Sightseeing: The Kingsmen got to do some exploration on their time off.

Two shutouts highlight season opener for Kingsmen

The Kingsmen baseball team began its season with a two-game sweep over the La Sierra Golden Eagles on Sunday.

They play again today at Westmont at 2 p.m. in another non-conference matchup, before the Alumni game on Saturday at 1 p.m.

Senior Greg Gelber started the first game of the doubleheader and

only allowed two hits while drawing four strikeouts in five innings of work. Cal Lutheran sent out nine pitchers on the day, and none of them allowed a single run to be scored.

They won the first game by a score of 14-0 and 18-0 was the final score of game two.

Senior Jordan Ott went 4-6 in the

two games, including two home runs, and recorded seven RBI.

Coach Marty Slimak credited the defense with a strong performance. "This year we expected to see the defense step up and make plays to allow our pitchers to be comfortable and provide them with a sense of confidence on the mound," he said.

Saints vie for first Super Bowl win this weekend

Andrew Parrone
Staff Writer

For the first time in franchise history, the New Orleans Saints will play for the Vince Lombardi Trophy as they take on the Indianapolis Colts in Super Bowl XLIV this Sunday in Miami.

For the first time since 1993, the Super Bowl pits both No. 1 seeds against each other. In recent years, the playoffs have been dominated by the underdogs, highlighted by the Giants' stunning victory over the undefeated Patriots two years ago. However, this year is all about the top dogs of the NFL.

Analysts and fans alike have been touting this as a potential matchup for months, as both teams carried unbeaten records into the final month of the season. Doubts were raised when each entered the playoffs on losing streaks, but both teams silenced the critics by punching their tickets to the big game in the conference championships.

In the AFC Championship, the Colts were able to weather an early onslaught by the New York Jets, scoring 24 unanswered points to close out the game in a 30-17 victory. Peyton Manning was spectacular in leading his team back, throwing for 377 yards and three touchdowns, carving apart the Jets' usually staunch defense.

The Saints were able to outlast Brett Favre and the Minnesota Vikings in a thrilling overtime victory, winning 31-28 on kicker Garrett Hartley's 40-yard blast. New Orleans was out gained by over 200 yards by the Vikings, but was able to come up with five turnovers that proved to be the difference in the game.

There is probably not a Super Bowl in recent memory with as many intriguing storylines and subplots as this one features. The most influential is the way that the Saints seem to have embodied the spirit and resiliency of New Orleans and the entire Gulf coast region, still recovering from the tragedy and loss of Hurricane Katrina nearly five years ago. The Super Dome, once ground zero for the recovery efforts in the aftermath of Katrina, is now the home of the NFC Champions for the first time.

Americans seem to have em-

braced the Saints in their quest to bring a championship to New Orleans. In a recent poll conducted by ESPN Sports Nation, 57 percent of people in the United States say they will be rooting for the Saints to win.

Another interesting story is the connection between Peyton Manning and the Saints. Peyton's dad, Archie, played for the Saints from 1971 to 1982, and was the heart and soul of that franchise. The Mannings lived in New Orleans, and Peyton grew up cheering for his hometown team. It is sure to be an emotional day for the Manning family.

Now, who holds the advantage come game day? The similarities between the two teams are numerous, especially when it comes to the play of their quarterbacks. Manning, who just won his fourth MVP award, is well on his way to becoming the greatest quarterback in NFL history. Another Super Bowl ring would further justify this distinction.

And the Saints' Drew Brees is playing nearly at Manning's level, finishing second in MVP voting, and leading the league in passing efficiency. The game is sure to hinge on the play of these two superstars.

Beyond these two, the main strengths of these teams lie on the offensive side of the ball. The Colts boast perhaps the best wide receivers in the league, especially due to the emergence of youngsters Pierre Garcon and Austin Collie. These two, plus perennial Pro Bowlers wide receiver Reggie Wayne and tight end Dallas Clark, give Manning countless ways to exploit the Saints' D.

Brees doesn't have the amount of star power that Manning does, but he does a good job of getting everyone involved. Marques Colston is a supersized wide receiver who provides the biggest matchup problems, and multi-threat Reggie Bush has stepped up his play in the post-season.

The Colts' defense has long been tagged as the weak link of the team, but that is not necessarily the case this year. The pass rush is one of the best in the NFL, though standout end Robert Mathis may be without running mate Dwight Freeney, who is questionable with torn ligaments in his right ankle. Indy would certainly miss his unstoppable spin move and motor.

The Saints' D is also much maligned, but makes up for it with its aggressive play and tendency to force turnovers. Each level of the defense is anchored by a Pro Bowler, with defensive end Will Smith, linebacker Jonathan Vilma and safety Darren Sharper providing game-changing plays.

According to ESPN polls, 59 percent of Americans believe that the Colts will prevail and win their second Super Bowl in the past four years. And that is ultimately what I think will happen, too. Though I am totally on the Saints' bandwagon and want to see New Orleans and Who Dat Nation celebrate amid their turmoil, I cannot bet against Manning in situations like this.

A Saints' win would be nice, but what I really want is just a good game and commercials I can talk about for the rest of the week. If the game can live up to the hype, I'm sure that it will be an instant classic.

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Regals score two wins in record-breaking opener

Strong pitching on display at CLU in 2010 debut

Christine Nguyen
Staff Writer

The Regals softball team made a statement, opening the season with a two-game sweep against La Sierra University on Sunday.

Scoring 15-2 in the first game and 9-1 in the second, the Regals have taken the first step toward a winning season.

Sophomore Talia Ferrari set a career high and school record with 11 strikeouts in the second game's winning pitcher was the game's winning pitcher for the fourth consecutive year for the CLU season opener.

Since 2007, Chacón has been contributing to four CLU season openers defeating CSU East Bay, Pomona-Pitzer and Hope International.

On Sunday's game, junior Lizzie Novak made a 2-for-2 with three runs batted in (RBI) in just the fourth inning and a 3-for-4 for the game. Novak lead the two games with a 5-for-7 with five RBI gaining a victorious win for the Regals.

"We did a really great job in the two games considering we came across a struggle in the first few innings," Novak said.

Regardless of their trials, they managed to defeat La Sierra with their morale and energy that lead them to astonishing win.

LSU's Kristen Liggins had an RBI-triple in both games, leading the Golden Eagles with a 1-0 lead in the first few innings with no outs. Ferrari then stepped in to leave the runner on third base, striking out the next batter.

In the first three innings, the CLU offense gained a two-run double by Novak and an RBI single by junior Megan Clow.

In the first game, Clow went 3-for-3 at the plate and helped Ferrari, her former high school teammate, set a career-high of strikeouts in five innings. Ferrari curtailed Liggins' ability to advance to base and struck out the Golden Eagles time after time.

This year's team, consisting of 20 players, is at its largest. Gaining seven new players of transfers and freshmen, the Regals are excited about this season more than ever.

"We got a lot of our nerves out and we dominated. This year's season is going to be much more exciting with 20 of us," said ju-



Photo by Kevin Baxter - Sports Information
Strike Queen: Sophomore Talia Ferrari struck out 11 batters in the second game of the Sunday doubleheader.

nior Katy Bateman, who helped end the game strong with a home run in game two.

"It's an amazing group of people with plenty of spirit and good competition. We're definitely excited to start SCIAAC," eighth-year head coach Debby Day said.

With a 20-player team being

the biggest team she has coached at Cal Lutheran, this gives her more determination in hopes to win the SCIAAC Championships.

With two wins, this would make any team member or coach happy, and it only will boost their drive to match their successful opening performances in up-

coming games. Whether they are struggling or not, these competitive and high energy ladies will stop at nothing to achieve their win.

Cal Lutheran will host another double header against Concordia-Irvine University Saturday, Feb. 6, at noon.

Kingsmen split a pair of conference games

Fall to 2-5 in SCIAAC play for the season

Amanda Lovett
Staff Writer

Kingsmen basketball broke a four-game losing streak with a defense stronghold in Wednesday night's game against Whittier, but was unable to pursue a winning streak with a defeat Saturday night by Claremont-Mudd-Scripps for an 8-9 season overall.

The 14-point lead over Claremont broke the SCIAAC losing streak of four games, the longest in program history.

Wednesday's game netted senior Andy Meier's season high score of 23 points, and his first 3-pointer put Cal Lutheran ahead the rest of the game. The defensive stronghold led by Kyle Knudsen held SCIAAC leading scorer Drew Menez to only eight points throughout the game.

Cal Lutheran was ahead at half-time with a 10-point lead over Whittier, 34-24, thanks to a great layup by Jayvaughn Nettles in the last minute of the first half.

Meier, Kyle Knudsen, Greg Grimm, Aaron Van Klaveren and Xavier Walton were the top scorers of Wednesday night's game overall.

The final score of the game was 65-51, with the last two points scored by birthday boy junior Gregory Grimm with 22 seconds left in the game.

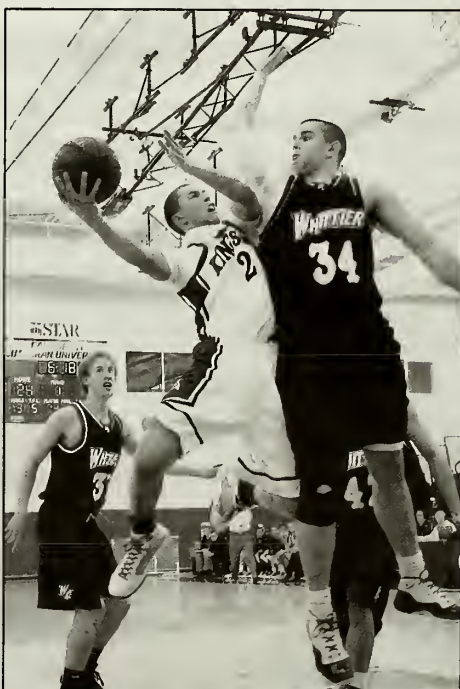


Photo by Maxx Buchanan - Staff Photographer

Tough Shot: Sophomore Xavier Walton (2) draws a foul against Whittier.

"The highlight of my birthday game was breaking our losing streak by beating Whittier," Grimm said.

"The win made the decision of going out to celebrate my birthday much easier."

The strength of the team has improved dramatically since the start of the season.

"As a whole, I thought the team played much better defensively and worked more as a team," Grimm said.

"This team is very close on and off the court, and it helped during Wednesday night's game."

Grimm was confident that if the Kingsmen played at their best, they should be able to steal a win on the road against Claremont-Mudd-Scripps.

"Claremont will be a tough atmosphere to play in, but I think if we play well, like we're capable of, we will win the game," said Grimm before the upcoming CMS game. "It will come down to taking care of the ball and defense and, of course, having fun." Unfortunately, defensive playing techniques were just not enough to defeat Claremont-Mudd-Scripps on Saturday night. Cal Lutheran was trailing CMS at the end of the first half 34-28, keeping less than a 10-point difference the entire first half.

Knudsen led the game with 19 points, 6-for-11. His score gave the Kingsmen a single point lead with 14 minutes left in the game at a score of 42-43.

"The biggest play of the game for us was when Knudsen drew a foul on a Claremont player late in the game and got the basket to go and also converted the free throw to go with it, and I believe that put us by one," Nettles said.

"Then the very next defensive play Knudsen helped out a Kingsmen player, and the referee called a jump ball and the possession arrow was in our favor."

Grimm's free throw shots tied the game with 12 minutes left in the second half at 45-45.

That tie was broken by CMS

guard Michael Bagby with a 3-pointer.

A 13-point difference of 70-57 was broken by Nettles' three-pointer with zero seconds left in the game for a final score of 70-60.

"We knew it was going to be a battle and whoever made the most hustle plays was going to win the game, and unfortunately they made a few more hustle plays than we did," Nettles said.

"The game was hard fought by both teams. But what really was the defining factor of the game were rebounds. They just out-worked us on the boards tonight which led to easy points," freshman point guard Adam Kolodney said.

Despite the loss, the team seems optimistic that they can hold strong for the rest of the season.

"It was a huge game for us and it was a win that we really needed to get, but we came up short," Nettles said.

"The good thing about this conference is that everyone will play each other again and if we can turn things around, we could end this season on a good note."

The Kingsmen, who are tied with La Verne and Whittier for fourth place in conference, begin the second round of SCIAAC play tonight at Caltech, with tip-off at 7:30 p.m. and a home game Saturday, Feb. 6, against LaVerne at 7:30 p.m.

They will need to do better against conference opponents this time around to make the playoffs.

Regals take down two conference opponents



Photo by Doug Barnett - Photo Editor
Driving: Donielle Griggs moves up court against the Whittier defense.

Cal Lutheran remains tied for lead in SCIAC

Courtney Minton
Staff Writer

Leadership from two newcomers led the CLU Regals basketball team to a 72-55 win over the Whittier Poets on Thursday night in the Gilbert Arena.

After a slow start by both teams, the first half of competition was dominated by junior Donielle Griggs who scored 13 of her 16 points in the first half while snagging four rebounds.

CLU is now 14-4 overall with a 7-1 SCIAC record, keeping them tied for first in the conference. Their next SCIAC game is tomorrow when the Regals will play at Caltech at 7:30 p.m.

The Poets' sophomore forward Brittany Aranda led the first half scoring for Whittier with a total of 8 points, while junior forward Kourtney Zilbert, who was a nuisance for the Regals last season, had a total of four points and eight rebounds.

"We have been starting slow," coach Roy Dow said. "It takes a moment or two to find the rhythm, but the slow starts haven't

hurt us."

Sophomore Meghan Good-enough took it upon herself to recapture the lead from Whittier in the first half of play. With eight minutes left to play in the half, a drive to the basket by Good-enough put the Regals on top for the remainder of the game.

Griggs' first half performance sent the Regals to the locker room with a 33-27 lead over the Poets.

A 15-7 run for the Regals in the first five minutes of the second half of play provided an excellent starting point for a dominant second half.

"We recognized what we weren't doing in the first half," freshman guard Erica Whitley said.

"It helped us get in the mode to pick things up and we came out with more intensity."

Whitley led the Regals with 19 points and three steals in the second half, while making four baskets beyond the three-point arc.

Whitley scored a total of 27 points on the night, a record number of points scored by any Regal in Gilbert Arena. She also added five steals and five rebounds to her game totals.

The focus of the game for the Regals was to work on "moving the ball a lot," Whitley said.

The Regals did just that as Good-enough led the team with four as-

sists while adding six points on the night.

In preparation for the game versus Whittier and the following game against Claremont-Mudd-Scripps, Coach Dow said that the team simply needs to "focus on themselves and continue to work hard and play hard."

Whitley's strong play continued into Saturday night's game against CMS, scoring 21 points with nine



rebounds and five steals en route to a Regals' 62-51 victory over the CMS Athenas. Griggs added 13 points to the score in her 27 minutes of action.

In these two contests, Whitley mentioned that a specific thing they needed to work on as a team are "defense and screening."

The Regals defense forced 24 Whittier turnovers on Thursday and 17 turnovers in Saturday's game against CMS.

Next, the Regals face the La Verne Leopards, this Saturday at 5:00 pm in the Gilbert Arena.

Despite strong effort, CLU can't beat CMS' numbers

Outnumbered team drops SCIAC match at home

Sasha Voinovich
Staff Writer

The Kingsmen and Regals of CLU have been dominant in the pool this season, but could not finish on top over Claremont-Mudd-Scripps this past Saturday.

The undefeated Stags have 38 members on their team, while the Kingsmen number only 11. The Regals swim team was outnumbered 20 to 30, so for both teams, being able to compete was hampered by a lack of bodies.

The men's team had three wins. Freshman Will Kennedy placed first in the 50-yard freestyle with a time of 22.17, and was also

Another CLU freshman Kyle Eckhart took the top spot in the 100-yard butterfly, finishing in 54.13 seconds.

During the 200-yard medley, CLU was in third place, until Kennedy dove in and split a 21.31 to pull ahead of Sean Fitzgerald, CMS, 22.43 to take second overall.

The final results put Claremont-Mudd-Scripps ahead with 151 points to Cal Lutheran's 65 points.

Head coach Tom Dodd said that he is really depending on junior Jordan Liebhardt and sophomores Gannon Smith and Quinn Smith to take the team to the next level.

"We are such a small team," Q. Smith said. "Most of the other schools have more depth than us."

Although the men did not come out on top, Dodd was happy with his team's performance on Saturday.

"We were really swimming fast," he said, "the men's team is so small, and we are depending on all of them to put up their best times," he said.

The women's team has been very competitive this year, only recording one loss to University of Redlands prior to this past weekend.

However, the Athenas of Claremont-Mudd-Scripps defeated the Regals in a score of 174-65 points.

The 100-yard freestyle was a close race with freshman Court-

ney Downing placing second with a time of 56.66 seconds, right behind Olivia Graham of CMS who won the event with a time of 56.59 seconds.

Junior Kelly How Tam Fat (1:09.60) and senior Lauren Dakin (1:10.55) also captured a second and third place finish in the 100-yard backstroke for the Regals.

The only CLU diver to place on Saturday was freshman Maisie

Johnson who grabbed third in both the one-meter and three-meter events.

Sophomore Lindsay Nolan was the only Regal to secure a first place in her event. Nolan took the 50-free in 25.25 seconds beating Emma Jones of CMS (25:31). CLU sophomore Caitlyn Melillo finished the event with a time of 26.16 seconds to take third.

"We have a really strong team

this year, [but as far as numbers of players], we are just not a football team like some other schools," Dodd said.

Next weekend, the Kingsmen and Regals will host Whittier at the Samuelson Aquatic Center on Saturday, Feb. 6.

This will be their last meet before the SCIAC Championships, which will take place at the Long Beach Olympic Plaza beginning on Thursday, Feb. 21.



Photo by Scott Chisholm - Sports Information

Flying Away: Freshman Kyle Eckhart came away with first place in the 100-yard fly on Saturday.



able to snatch third place in the 100-yard freestyle with a time of 49.03.

Sophomore Grant East won the 100-yard freestyle with a time of 48.72. He fought off Cosentino of CMS, who finished with a time of 48.84 seconds.



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Photo by Matt Michaels - Staff Photographer

Coming Together: The new Swenson Center for Academic Excellence is beginning to take shape as the framing nears completion. The building is expected to open in time for the start of the Fall 2010 semester.

Swenson building shows progress

Jackie Rodriguez
Staff Writer

Incoming students and faculty will not be the only new sights around campus next fall when the Swenson Center for Academic Excellence is expected to open.

The Swenson Center is California Lutheran University's newest building and will house the social and behavioral sciences.

"The Administration's vision for the Swenson Center grew from the growing realization in 2007 that social and behavioral sciences programs needed new and additional space to continue their growth and develop their academic programs," said Val-

erie Crooks, senior project manager.

The new building will include classrooms and computer labs on the ground floor and offices for the faculty members on the second floor, she said.

In addition to the new classrooms, there will be a psychology lab, which is just what some psychology students feel they need.

The lab is something "the psychology department needs because students can utilize it to do experiments," junior Lucy Cancino said.

Another feature of the new building is that it will be the first U.S. Green Building Council Leadership in Energy and Envi-

ronmental Design (LEED) certified building on campus.

"The LEED certification involves enhanced energy management systems, water use reduction and a focus on indoor air quality and building systems commissioning," Crooks said.

The new LEED center will not only be environmentally friendly but will also be budget friendly as operating costs will be lowered.

Construction on the new building has been steady since the ground-breaking in June 2009.

The recent wet weather initially delayed the projects for about two weeks, but the contractors

[See SWENSON, Page 3]

Jamba Juice to blend in on CLU's campus

Reanna Woodhouse
Staff Writer

Jamba Juice smoothies will be part of the CLU campus by fall semester 2010, delivering favorites such as Razzmatazz, Mango-a-go-go, Caribbean Passion and Strawberries Wild.

With Jamba Juice coming to campus, it will be the first food franchise at California Lutheran University, with CLU being the smallest college in the country to have one.

"Jamba Juice will provide a healthy brand name product line on campus, an industry leader recognized by faculty, staff and students alike," Daniel Slattery, director of Auxiliary Services said. "Students will have the opportunity to utilize it either on a meal equivalency basis for a quick on-the-run meal option or pay cash for a non-meal period healthy snack. The Jamba Juice brand was identified by a CLU student focus group as their No. 1 choice branded concept to bring to campus."

Jamba Juice is planned to be installed in the a la Carte once approval is granted by Thousand Oaks and Ventura County food and health services.

Many students were unaware Jamba Juice was coming to campus.

"I had no idea we were getting a Jamba Juice. I thought only big schools got that," junior Sylvia Montano said.

Originally, Jamba Juice was planned to be located in the Student Union Building.

After looking at the require-



ments for having Jamba Juice in the SUB, the permit would have required extensive work to be done to the building.

"The SUB holds offices and many students are using it as a place to study more and more. The machines used to make the drinks are noisy so we decided to change the location to the a la Carte," said William Rosser, vice president for Student Affairs and dean of students.

Since the a la Carte will be replaced by Jamba Juice, options for a new a la Carte are still in progress.

"We still want to retain the function and product availability of the a la Carte," Rosser said.

One option discussed was having a semi-permanent location. That way it could be used for big events like Homecoming, sports games or other events where people could buy food and drinks.

As a result, it would have a multi functional purpose, Rosser said.

Some students expressed concern for the replacement of the a la Carte.

"We're replacing an area where we can get food during a day full of classes with smoothie fruit

[See JAMBA, Page 3]

New semester means new germs and sicknesses

Jesse Knutson
Staff Writer

You may have noticed there have been a lot of people coughing and sneezing around you. It is hard to escape the "CLU Cold" at this time of year.

"I've had multiple colds since the start of the semester," sophomore Anna Meyer said. "I had a normal cold after coming back from break, then right when it was gone I woke up one morning

with a horrible sore throat."

California Lutheran University Health Services explained that when students go home for break, they travel to different parts of the country and pick up different strains of the cold virus.

When they return to CLU, they bring back these strains with them, causing some people to catch multiple colds.

"I thought I had a cold, and after Howl at the Moon I could really feel it," junior Molly Nowels

said. Nowels attributed the singing and lack of sleep to her discomfort during her cold.

For those who are sick, Health Services suggests you "get lots of sleep, take good care of your body and eat healthy."

If you're not sick, Health Services suggests washing your hands often, bringing hand sanitizer with you or using the hand sanitizer provided around campus and getting plenty of sleep.

[See CLU COLD, Page 3]

Flu and cold season arrive at CLU

Health Services is advising students to take extra precautions to reduce the spread of germs.

In the month of January, Health Services treated three cases of the flu and eight cold cases.

Health Services usually doesn't see an increase in the number of cold cases until the second and third weeks of the

semester, according to Kerri Lauchner, director of Health Service.

During the first week of February — the third week of the semester — there was an increase in reported cases, Lauchner said.

NEWS

South Hall floods again

From Staff Reports

Wet weather continues to cause problems for residential students at CLU.

At 1 a.m. Saturday, water started bubbling up through the carpet in Room 9104 of South Hall.

Residents were evacuated to a local hotel where they spent the night and were moved back on campus Sunday.

"This weekend was a heavy homework weekend," sophomore Teresa Banderian said. "I couldn't do anything. All my books were still in my room, and they didn't want to let us back into our room."

Currently Kelsey Blessingame, Hay Mun Win and Banderian are

living in a campus house on Luther Street.

This recent flooding in 9104 happened less than a week after Facilities workers believed they fixed the problem, according to Blessingame.

The first incident happened on Jan. 27, and they were not allowed to move back into their room until Feb. 3.

Facilities officials said it is a problem with the foundation, according to sophomore Michael Zavala, a resident assistant in South.

For in-depth coverage of the flooding in South Hall, look for the Feb. 24 edition of the *Echo*.



Photo courtesy of Karin Grennan- Media Relations
One Voice: From left to right: Nadine Roden, Joel Rene, Alana Simone and Nicole Pryor performed songs from different black female artists last week.

Obama proposes help paying for college loans

Henrik Gjertsen Staff Writer

At the State of the Union Address on Jan. 27, President Barack Obama announced his plan to create more opportunities for students in financial need at colleges and universities.

The president believes education is the primary basis for the American people to reach their potential and expand their skills to where they need to be.

With these changes, a student would only have to give 10 percent of his or her income to student loans, and the student loan debt would be erased after 20 years.

The student loan debt would also be forgiven after 10 years if they chose a career in public service.

Assistant professor of political science at CLU, Jose Marichal, believes that these changes in student loans can make a difference and make college more affordable.

"The past two decades, states have cut back on student loan budget so this bill should help students all over the country with educational funds," Marichal said.

"It also sends a message to Congress for long-term issues like health care. Obama is worried about spending, jobs and education. The conversation has been changed; it is not all about health care. It is a cooling-off period but it keeps momentum going."

In the current situation, all the money that is provided by taxpayers for students is in the control of private banks.

Obama's plan calls for an end to the existing state of affairs where those private banks are making profits on taxpayer's

earnings.

The Federal Family Education Loan Program (FFELP) has for many years been one of the main providers of educational funds in the U.S., but now their time might come to an end.

In his speech, Obama held that the FFELP has not been effective as an educational program and that money which belongs to the American people is being wasted.

With an exit of the FFELP program, the Direct Loan program would act as its replacement.

The Pell Grant, which assists students in financial need, would become a larger program and have a bigger influence in students' aid packages.

"The idea is to eliminate the FFELP program and at the same time using the Direct Loan program more, and increase the Pell Grant money pool," said Amy Landes, financial aid counselor.

This proposed bill would open many doors for students who have difficulties surviving economically in colleges or universities.

It also provides an opportunity for struggling people without education, when the money problem wouldn't be as big of a hindrance as it currently is.

"It is great idea and a great first step. Student loans will become more accessible to people who are less fortunate," said senior Grant Berg, political science major.

"In other countries, the cost of education is far lower. Access to education should be fundamentally open to any student."

Even though many students are hopeful and excited for Obama's plan, it is still some time away from being realized.

Issues like health care are still on the top of the president's agenda.

Women share stories through music

Alyssa Harris Staff Writer

From singing songs in cotton fields to today where their voices resound on stages around the world, the story of black women in music has engraved itself in history.

On Feb. 4, the Multicultural Department at California Lutheran University hosted "Our Voice: A Celebration of Black Women in Music."

The event took place in the Preus-Brandt Forum and took the audience through the history of black women in music by performing songs that were originally performed by black women from the past and present.

This event was not only advertised to the faculty, staff and students of CLU, but also to the community around the university.

The Multicultural Department felt it was important to not only share this event with direct members of the university but also to citizens around us.

"We have a lot of community people coming; the people that are involved in the event have made their careers in theater. It

will present CLU in a positive light within the community," said Dr. Juanita Hall, senior director of Multicultural and International Programs and the assistant to the president for diversity.

According to the CLU Web site, "The performers in this event are current and former cast members of Broadway's 'The Phantom of the Opera,' 'Mamma Mia' and Disney's 'The Festival of the Lion King.' These women performed songs such as 'Natural Woman' by Aretha Franklin, 'Never Give Up' by Yolanda Adams and 'Survivor' by Destiny's Child. The songs were executed in the style that the original performers presented them in.

The women who made up the cast performed songs that were popular during the 1950s and 1960s when segregation of white and black Americans was the most prominent in the United States.

The songs they performed reflected the attitudes and messages of hope that the people of that time were feeling.

"The part that I enjoyed the most about performing in this event was when the audience started to sing along with us

while we were singing 'We Shall Overcome.' It gave me the chills and I started to get choked up," singer Nadine Roden said.

"Our Voice" took place in February, which is recognized as Black History Month, where we remember African-Americans in history who have made a difference such as Rosa Parks and Martin Luther King Jr.

These people, along with the black female singers throughout history, have all made an impact that has made the future brighter for black people today.

"This event is an entertaining way to hear our history in a positive and inspiring way. The month isn't just about the history, but it's about accessing where we are and where we want to go and being inspired by the ones who came before us to do more," Hall said.

Audience members responded to the event by singing and clapping along with songs that were being performed, as they took a journey through the history of black women in music.

"Our school is still working on diversity, and to get a turnout so large for this event is very promising," said English and Theater major Diane Machin.

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Students pay it forward with music

Jenny Guy
Staff Writer

A new Honors Quartet has been formed at CLU, consisting of four exceptional student-musicians, all of whom are Presidential Scholars or have music scholarships.

Beyond the title of musicians, another term has been used to describe this group: ambassadors.

The Honors Quartet was formed at the beginning of this academic year by the chairman of California Lutheran University's music department Dan Geeting, as a way to be a physical presence within CLU's neighboring communities.

"I've always thought that if we could just get the student body out into the community, it would completely change the way people view our university," Geeting said. "That's exactly what we're doing on a musical level."

The four instrumentalists include Clark Crane, a clarinetist, David Mason, a cello player, Rebecca Cardone, who plays viola, and Bradley Boelman, a violin player.

The group mainly plays a style of music known as chamber mu-

sic. According to Dictionary.com, chamber music can be described as a form of classical music that is written for a small instrumental ensemble.

The string quartet has been described as one of the most familiar forms of chamber music and was largely developed in the 18th century to be played in palace chambers.

"It's been a learning experience for me because, as a woodwind player, I don't get much of an opportunity to play with strings in smaller chamber groups; it's been a lot of fun," Crane said.

For Crane, performing at various functions in the community is one of the best ways he feels CLU can be represented in a positive light.

Crane describes the quartet's role as CLU's ambassadors, "as a way to reach out, serve the community and communicate what's happening here through music."

For Mason, who has been practicing the cello since sixth grade, not being a part of this group wasn't a question he had to think twice about.

"I love chamber music and being given an opportunity to play with talented musicians, such as these. I couldn't it turn down," he

said. "Plus, it's a good opportunity to expand the music department at CLU, so I'm all for it."

But, with classes, schoolwork, practice, performing and serving as representatives for their university, this group of talented students definitely has their work cut out for them.

"It's a pretty big time commitment, especially because we are all really involved both on and off campus. Scheduling rehearsal times is always a challenge. However, I love music, and I will take any opportunity I can to share it," Cardone said.

Cardone describes their performances as a "pay-it-forward" type of effort, where they are able to share their gifts with the community as an appreciation for all the opportunities they've had as CLU students.

"Even though CLU is comparatively small, we try to make a big splash," Cardone said.

Geeting explained that he has hopes to expand this project and, "become the instrumental counterparts to existing CLU musical ensembles, like the vocal group the Kingsmen Quartet."

The Honors Quartet's next performance will be at CLU's Honors Day on Feb. 19.

Framing near completion

[SWENSON, from Page 1]
now have the project back on schedule, Crooks said.

“The faster it gets done, the sooner social science professors will be able to get out of those sad, little portable offices.”

Kaci Cooper completion
Senior cannot come soon enough.

"The faster it gets done, the

sooner social science professors will be able to get out of those sad, little portable offices," senior Kaci Cooper said.

In addition, to aiding the professors, some students feel that the program, itself, will benefit.

"The Swenson building will help to expand the social and behavioral sciences program," Cooper said.

For people interested in keeping up with the progress of the building they can log onto the CLU Web site and watch a live camera that overlooks all construction.



For more information
http://www.calutheran.edu/construction/swenson_cam.php

Making a smooth splash

[JAMBA, from Page 1]
drinks?" senior Ryan Capriccio said.

The decisions made by both CLU and Sodexo are made in such a way to ensure that food services work in a variety of different ways.

"Our planning for a new dining hall helps to inform continuing strategic discussions concerning the overall dining program and where the Centrum, the new Jamba, the a la Carte, a potential Café/Coffee House and Mogen Market fit into the equation," Slattery said. "Each entity can't stand alone in its development but needs to be part of an strategy that makes sense fiscally and conceptually and grows in sync with the campus."

Sodexo, which is responsible for food services at CLU, has a contract with both CLU and Pepperdine University. The Jamba Juice

idea and installation was first brought to Pepperdine. However, with Sodexo's accounts at both CLU and Pepperdine, CLU was able to gain access to Jamba Juice as well.

"Given [Jamba Juice's] interest in Pepperdine and their interest in placing a Jamba Juice unit at that site, Sodexo lobbied on our behalf to have one sited here as well even though we didn't exactly "fit the formula." Utilizing that leverage didn't hurt," Slattery said.

By purchasing Jamba Juice on a meal plan, bonus points and other options, the school will have to subsidize the costs in order to promise revenue for Jamba Juice.

"I look forward to having a Jamba Juice on campus," junior Kristin White said. "It definitely beats having to drive all the way down Moorpark to get one and if you can use it as a meal plan then that's a plus."

CERF making waves; Watkins says 'California likely to default'

Gannon Smith
Staff Writer

On Dec. 14 of last year, Bill Watkins, executive director for the Center for Economic Research and Forecasting (CERF) at CLU, published an article to open the eyes of California politicians in control of the state's budget.

Anyone who has kept up with the current Great Recession knows that the financial affairs of California are bad, if not horrendous.

California has plunged itself into a huge debt and the budget for this fiscal year will add an additional \$21 billion of red ink.

The article covers the shortcomings of the state budget, the possibility of California having to default on its debt, and a plan to minimize the damage if the state does default.

After the article was released on newgeography.com, the state Treasurer's Office immediately sent out two press releases, both trying to discount Watkins' article.

It was then the Los Angeles Times picked up the story giving the article state and national attention.

"In my opinion, California is now more likely to default than it is to not default. It is not a certainty, but it is a possibility that is increasingly likely," Watkins said in the article.

If California were to default, it would mean that it is unable to

pay off its bonds, and would issue vouchers to banks, who would then hopefully honor them, turning them into cash for employees' wages.

California has defaulted twice in the past.

In the most recent default, Wells Fargo refused to honor the vouchers, forcing the government to find other banks to pay

“In my opinion, California is now more likely to default than it is to not default. It is not a certainty but it is a possibility that is increasingly likely.”

— Bill Watkins
Executive Director,
Center for Economic Research
and Forecasting



their employees.

However, the state of California is not alone in this issue.

Illinois and many other countries around the world are experiencing the same problem.

Ultimately this will "precipitate another financial crisis," Watkins said.

That is why Watkins refuses to back down from his stance.

Online at the CERF Web site, his biography says that he is a, "plain-spoken, no-holds-barred economist who studies the data

and tells it like it is."

Even after the state Treasurer's Office tried to discredit him, he stood firm with his forecasts.

Not only did Watkins address the fiscal crisis imminent in California's future, but he also offered a plan to "minimize the financial/economic impact" that would occur if the state defaulted.

Watkins wants legislators in Sacramento to obtain the aid of the federal government, and of the Federal Reserve Bank officials, in order to draft a "coordinated plan to limit damage to financial markets."

Watkins and his team, Dan Hamilton, Charles T. Maxey and Kirk Lash, work out of the Pioneer House across the street from Peters Hall, where they provide quarterly financial forecasts for the United States, California and Oregon.

They prepare an annual forecast for Ventura County and offer custom forecasts for nonprofit groups and government agencies.

In addition, they provide a master's degree in science and economics program for CLU students.

Looking to the future, Watkins maintains that the financial outlook in California is "grim."

"Our unemployment rate is 20 percent higher than the national average, and our domestic migration is negative," Watkins said. "It is like a dying canary in a coal mine. Something is wrong in there."

Too common 'CLU Cold'

[CLU COLD, from Page 1]

The Centers for Disease Control suggests that a low-tech way of keeping bacteria and germ free is washing your hands with soap and hot water for 18 to 20 seconds as frequently as you can remember.

When you are sick, Health Service suggests sneezing or coughing into the inside of your elbow to help prevent the spread of germs.

Many people sneeze or cough into their hands, but that proves to be ineffective when we shake hands, or just touch things such as doorknobs or keyboards with our hands.

According to a study conducted by the University of Arizona, an office toilet seat had 49 germs per square inch. They found that some things are much dirtier than a toilet seat, including a desktop keyboard, containing 21,000 germs per square inch, and more than 25,000 germs per square inch on a cell phone.

A suggestion from Health Services is to wipe down your own personal keyboard, or if going into the library to use a computer, wiping down the keyboard before use with an antibacterial wipe. As for your phone, many people own touch-screen phones, such as the iPhone, so along with germs from your mouth, you have germs that come from your hands. Germs enter your immune system fastest through your mouth, so when you put it up to your mouth to talk to whoever's on the other end, you're very likely letting germs into your body.

Although the "CLU Cold" happens every year, there are many steps you can take to avoid it, or get rid of it when you have it. Wash your hands, cover when coughing and sleep. Instead of procrastinating late into the night to finish an essay for your class, finish it ahead of time and get a sufficient amount of sleep to stay healthy.

CALENDAR

Wednesday February 10 <ul style="list-style-type: none"> The Need: Speed Dating 10 p.m. SUB 	Thursday February 11 <ul style="list-style-type: none"> Privacy 2.0: Managing Privacy in Social Networking Environments 2 p.m. Roth Nelson Room 	Friday February 12 <ul style="list-style-type: none"> Club Lu: Dating Game 8 p.m. Preus-Brandt Forum
Saturday February 13 <ul style="list-style-type: none"> The Sounds of CLC-The Early Years: A Tribute to CLU's 50th Anniversary 8 p.m. Samuelson Chapel 	Sunday February 14 <i>Valentine's Day</i>	Monday February 15 NO CLASSES: PRESIDENTS DAY
Tuesday February 16 <ul style="list-style-type: none"> Exhibit: "Exquisite Play" by Janet Neuwalder Kwan Fong Gallery 	Next Week: February 17-February 23 <ul style="list-style-type: none"> Commuter Connection Lunch The Black Street Project: Poems and Commentary The Need: Claire Marie <p>Do you have an event to submit to <i>the Echo</i>? E-mail date, time, location and contact information to echo@callutheran.edu</p>	



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The 1st annual

GOD'S OF LOVE: CLU Valentine's Party

February 13, 2010 @ 10 p.m.

Come dressed as your favorite God or Goddess of Love
 Spinning the best in Hip Hop, Old School, Rock, House & Dance music
 DJ Cali Los - Stuft Pizza resident & Ventura County's #1 Club DJ

Arrive early to avoid long lines, \$2 cover and specials all night long
 18+ must present valid ID, Strict security

VALENTINE'S DAY SPECIAL

Free champagne and dessert (with the purchase of any two entree items)
 Starting at 5 p.m.

Join us every Thursday for College Night & Late night "Stuft" Fridays (9 p.m. - close)

For more info: Stuftpizzato@gmail.com

FEATURES

Slip and dip into artist Janet Neuwalder's 'Exquisite Play'

Nessa Nguyen
Staff Writer

The Kwan Fong Gallery consistently has showcased innovative and intriguing works by both emerging and established multicultural artists.

This month, Janet Neuwalder is exhibiting her ceramic collection, which she refers to as "contemporary fossils," titled "Exquisite Play."

"I call my works 'contemporary fossils' because they look like what they once were," Neuwalder said.

Indeed, the ceramicist is poetic both in her creation process and in the way she talks about it.

Originally from the East Coast, Neuwalder attended the Kansas City Art Institute in Kansas City, Mo., because of its outstanding ceramics program. Recognizing her own talent, she created her first exhibition prior to graduation in 1981.

With a M.F.A. from Cranbrook Academy of Art in Michigan, Neuwalder moved to California in the early 1990s to become a professor at California State University, Long Beach.

Neuwalder's artistic talent was brought to the attention of Michael Pearce, chair of the Art Department at California Lutheran University, when he was



Feats of Clay: "Exquisite Play" uses a special clay to push the boundaries of contemporary art in Kwan Fong.

visiting her collaborative exhibition in Glendale.

"Janet is not your everyday ceramicist," Pearce said.

The meticulous and refreshing quality of her work compelled Pearce to introduce it to the gallery.

"Her work is a cabinet of curiosity. When I look at it, I wonder what the underlying narrative is and how it was made," he said.

In "Exquisite Play," Neuwalder

employs natural and industrial materials such as leaves, paper, cloth and fibers. Dipping them in liquid clay, she shapes them into objects in a process called "slip and dip."

In the kiln, the materials burn out as clay takes over their forms, producing authentic results. Some pieces are coated with a layer of glaze, which helps them gain a sleek surface and a hint of color after the second fir-

ing.

"Her medium [clay] has been tied to a history of utilitarian and functional work, but she is pushing boundaries to bring together ceramics, design and installation as well as historical and contemporary cultures," said Christine Morla, chair of the Oxnard College Art Department.

Currently displayed in the Kwan Fong Gallery, "Filtration"

represents strokes of Neuwalder's professional history. "It incorporates some of my favorite sculptures in the past 15 years," she said.

"Fragmentation," a horizontal alignment of earthy, textured objects, has been an on-going project for six years. The more recent "Line Drawing" uses brightly-colored paint, nails and twisted strip-like shapes to weave a scattered but intertwining canvas.

"Janet is not just a ceramicist; she's also an installation artist. Her work replicates nature in a sense," said Carol Shaw-Sutton, a former colleague at California State University, Long Beach, and friend of 18 years.

In between work in her Ventura studio and mothering two children, she still manages to pursue her teaching career at Oxnard College, lecturing on ceramics and sculpture.

"Janet does a great job balancing being an artist, a mother, a wife, a teacher and a contributor to the community," Shaw-Sutton said.

At present, Neuwalder is coordinating a 600-participant fundraiser for the art club at her children's school, and a project at Oxnard College, where sculpture students help to build a community's monument.

Phonathon raises enough money to set school records

Courtney Minton
Staff Writer

Twelve weeks and over 20,000 phone calls helped the annual Fall Phonathon at CLU break another record.

Phone calls made to CLU alumni, parents and friends by CLU students raised \$167,767, surpassing the goal of \$100,000 and smashing the previous phonathon's record-breaking totals by \$45,916.

Money raised from the phonathon is put into CLU's Annual Fund.

The cost of tuition at CLU only covers 85 percent of what it actually costs to educate a student

and the Annual Fund bridges that 15 percent gap.

Even with the current economic crisis, donors stepped up and gave generously.

"I think that this is really a reflection of the pride our donors have in CLU. People want to make a difference, and giving to the Annual Fund makes a huge and immediate impact for current and future students," said Laura Mason, assistant director of the Annual Fund.

Eighty percent of the money from the Annual Fund goes to support financial assistance, without which many students would not be able to attend CLU.

Money given to the Annual Fund is used in the year it is given and has an immediate impact.

The Annual Fund provides money for academic and co-curricular programming, study abroad programs, faculty and staff, as well as classroom supplies and Internet hookups in the dorms.

Students are hired for the phonathon by "applying through the student employment Web site, or responding to one of our flyers or posters. These students are interviewed,

[See PHONATHON, Page 7]

Spiffbox: 'It pays to be social'

Jorge Martinez
Staff Writer

Spiffbox is a social network that pays its users for activity on the site.

Now, you can make some money by doing simple activities and devoting time to a new form of social networking.

Spiffbox is on the rise and may be the next big hit on the Internet.

This new social networking site contains the same type of features as other social networks such as obtaining friends, e-mails, chats, sharing photos and updates.

This new Web site integrates all three social networks on one site.

There is a Facebook application that actually allows you to use feeds from Facebook.

Users can also post feeds from Twitter, which are easily transferred to Spiffbox.

To make money on Spiffbox users must respond to e-mails, chats, friend invites and share photos.

Every time one of these actions is performed, the user receives points.

The points earned are then redeemable for U.S. dollars.

Each point is worth a penny. After reaching the 2,000 point

(\$20) mark, the user begins to make real money and can redeem their money in the form of a check.

Junior Sam Lyche is a frequent Spiffbox user who expressed the great qualities that this new network offers.

"I think it's a great new networking tool," Lyche said. "I know a few people who have made money just from using the site like you would any other networking site. That's a pretty cool feature. The way it connects different people is really innovative."

Some people are worried about putting too much information about themselves on the Internet these days.

Spiffbox promotes that it is more private than most social networks.

The site promises to keep users' private information safe.

One good example of Spiffbox's extended privacy is that Spiffbox does not share your friend list with other friends or members.

Some CLU students who have

already begun to use the network seem to really like it.

Sophomore, Morgan Schneekloth had positive things to say about Spiffbox.

"Honestly, at first I was skeptical if it was a legitimate Web site, but within a month and a half of being a member I received my check for \$20. Most people frequently check their Facebook during the day; you might as well get paid to be on it. You don't even have to leave Facebook to go to the Spiffbox page since there is an application that links right to it," Schneekloth said.

There are only a couple of simple rules for Spiffbox. No nudity, no adult or inappropriate content, members must be at least 18 years of age and checks can only be sent to U.S. addresses.

CLU student, Jordan Barta is the director of marketing at Spiffbox. "Spiffbox is a new site to meet new people and ask advice," Barta said. "There is a lot to benefit from and you won't know until you check it out."



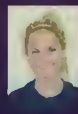
CAMPUS QUOTES: What is your most embarrassing dating story?

Danny Kuntz



"I had the great idea to take my date to the beach. My bad, I should have checked the weather."

Kelsey Dunn



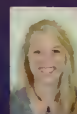
"He fainted in the middle of dinner! This made it our first and last date."

Nick Martinez



"When I met the parents, I threw up."

Mariah Block



"Our first road trip and he gets us lost! On top of that we had to wait for buffalo to cross."

If you have an idea for a Campus Quotes question, e-mail it to the Echo at echo@callutheran.edu

100 Days Party leaves seniors feeling nostalgic

Seniors share bittersweet moment with peers as they look toward the future

Lauren Pupolo
Staff Writer

On Thursday, Feb. 4, seniors gathered at Sunset Hills Country Club in Thousand Oaks, to celebrate their last 100 days prior to graduation. This special event was hosted by Cal Lutheran's own Alumni Relations.

Seniors started arriving at 8 p.m. and everyone at the event was dressed in their best cocktail attire. The room was dimly lit, with a bar, dance floor and DJ.

Later, speeches were made by Senior Pride Committee members Ben Hogue and Casey Kloehn, Assistant Director of Alumni and Parent Relations Lana Clark and Vice President of Alumni Board of Directors Jeremy Hofer.

The speakers toasted the seniors, commending them on their accomplishments and

wishing them luck on their journey as future Cal Lutheran graduates.

Cal Lutheran alumna Lana Clark coordinated the 100 Days Party.

"Our office [alumni relations] sponsors the event because we want to welcome the seniors into the alumni association. We want to give them a small taste of what they can expect when they graduate joining the alumni group," Clark said.

"It's a celebration of the time and commitment that the seniors put in to get to graduation, alumni relations just really wants to commend the seniors for that."

Kevin Holt, Presidential Host coordinator and senior Programs Board representative, described the event as "classy" and was thankful to Alumni Relations for putting on the event.

Events such as the 100 Days



Cheers: Stacey Gross, Elise Salmon and Sarah Burgess raise their glasses.

Party cause students to think ahead toward post-graduation life while giving them time to re-

flect on the experiences as CLU students.

"I'm going to miss a lot of my friends here. I've made so many great relationships. I really do honestly consider the friends that I've made here to be family," Holt said.

Football players Alexander Moe and Mike Williams attended the celebration. Both agreed their favorite memory from senior year was winning the SCI-AC championship.

"As an alumnus, I still plan on attending events and football games to support my fellow Kingsmen. I have very strong CLU pride, so I definitely plan to come back and support CLU," Williams said.

As the event came to an end, seniors were not ready to stop

celebrating.

"I think that this party should really be called 'the last hundred days of our childhood before real life slaps us in the face.' We should really enjoy it while we can," said Amanda Lovett, Communications and Environmental Science Major.

While some went home, others decided to continue the celebration at Sunset Terrace Bar and Grill.

With less than 100 days till commencement, now is the time to really participate in the last CLU events.

Alumni Relations also provided a calendar for the seniors with important upcoming dates for the rest of the semester.

This calendar included job/resume workshops, career panels, Club Lu

events, audition dates for commencement speakers and senior disorientation. The calendar had recommendations for seniors with activities to do before graduation.

Things like ask a professor to coffee, take a photo with Gummy, add CLU GOLD as a friend on Facebook and pick up your alumni license plate frame were on the list.

If you have not received a 100 days calendar, contact Alumni Relations for your copy. Seniors do not want to miss out on

THE FASHION PLATE: A HEALTHY SERVING EACH WEEK

Forget-me-nots, cupcakes and sweet deals



Heather Taylor

February may be the shortest month of the year, but smack dab in the middle of it lies the only holiday that consistently fills every store with shades of red and pink and heart-shaped objects.

Valentine's Day for the more romantically inclined, Singles Awareness Day (with awareness, you can't help but feel SAD) for those who don't particularly like the Hallmark holiday.

I miss Valentine's Day for what it was when we were in grade school.

All of the class parties, cupcakes and little boxed cartoon cards, some of which had candy miss-happily taped on.

Everyone got a little something from everyone, spreading the love via paper valentine.

Keeping with the idea of giving to friends as well as boyfriends and girlfriends, one of the best places to get fun gifts is at fredflare.com.

Last year marked the opening of their store in New York and prior to that, Fredflare was better known for their Web site filled with men and women's clothing, accessories and home supplies.

Everything Fredflare sells owes a nod to a different bygone era, which means a wide variety of items reside in their Valentine's Shop.

Heart-shaped glasses a la Lolita, plastic rose rings, and for those looking for something to satisfy the sweet tooth, the gummy heart will do the trick nicely, all at about \$10 or less.

Of course, for anyone with someone to impress, Valentine's Day calls for looking simply irresistible. Feb. 8-14, Charlotte Russe is holding "Sweetheart Deals" online.

Each day, something new will be available on sale with new items arriving daily.

As the site warns, missing these deals may cause heartache and nobody wants that, especially when I know for a fact that store carries several stunning party dresses.

For the guys, I'm drawing on one of my personal male fashion inspirations, Alfie Elkins as portrayed by Jude Law in the film "Alfie."

His signature look was the pink dress shirt, a color that typically gets a bum rap among the male community.

Though in my version of the perfect world, men all over the world would rock the pink dress shirt or at least a pink Polo with pride, the realization is that this world won't

happen for awhile.

Time for a Taylor Stitch, and yes, I'm aware of how perfectly named that is for me to write.

Taylor Stitch is an online company that specializes in "custom shirting" in which one can design their own shirt from a selection of fabrics.

From there, the custom shirt is created with a preferred fabric swatch to tailor all areas of interest including the cuffs, collars and pockets.

Going on this site is pretty much how I envision heaven to be like, but I know most guys would not agree with me.

In that case, there is always the already made selection of shirts to choose from.

The Red & Wine Tattersall is very much Valentine appropriate without going overboard on pink and instead, settling on a more subdued shade of red.

One thing I've noticed is the rise of the friendship bracelet, ring and necklace as gifts for Valentine's Day.

This is a nice nod to grade school parties and both Opening Ceremony and Fredflare are selling gold-knotted "forget-me-nots" in prices ranging from \$10 to \$200. Who could ever forget such a sweet surprise?

Happy Valentine's Day!

"I'm going to miss a lot of my friends here. I've made so many great relationships."

Kevin Holt
Senior

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Donors answer CLU's call

[PHONEATHON from Page 5] and if they are hired, get to join the phonathon team," Mason said.

Students took leadership into their own hands when it came to raising money for the Annual Fund.

Lauren Amundson, Beth Peters Berry, Robbie Loutsios, Greg Reid and Ryan Cudahy led the way as student supervisors, while 31 other students served the campaign as callers in this phonathon.

"Students selected to work the campaign go through a mandatory training session where they learn all about the Annual Fund, fundraising, phone etiquette and negotiation techniques," Mason said. "Student supervisors who work the campaign are there each night to offer advice and support to the callers."

US News and World Report base their rankings in part on the percentage of contributors who give back to their school.

The higher the ranking, the more value a CLU degree holds.

Amundson, this year's phonathon supervisor, said the goal is "always to get as many alumni to participate as possible."

"The more participation we can accumulate, the higher our school's ranking goes. I have spent countless hours on our program. It is an important component of the Annual Fund," Amundson said.

Eighty percent of the money from the Annual Fund goes to support financial assistance, without which many students would not be able to attend CLU.

Mason feels students "gain communication and negotiation skills, and get to learn firsthand about the importance and impact of the Annual Fund."

"Students build relationships with Cal Lutheran's alumni, parents and friends and serve as a university ambassador to all our prospects," Mason said.

The most recent phonathon began on Sunday and will continue through March 11.

"The spring campaign is significantly shorter, only five weeks," Amundson said.

So the goal this time around is \$120,000. Positions for this year's phonathon staff have already been filled.

However, if students are interested in becoming a part of the phonathon team next fall they are urged to contact Cal Lutheran alumna Laura Mason by e-mailing her at lmason@callutheran.edu.

HE SAID, SHE SAID: A LITTLE OF HIM, A LITTLE OF HER Solutions to Valentine's Day spending



Antoine Adams



Valentine's Day is the day that every guy wishes he were single.

It's just another day that all girls love to be pampered and expect to receive gifts ranging from flowers and chocolate, to a romantic dinner and jewelry.

I dread this holiday due to the fact I have to buy a gift that at the very least, looks like I spent more than \$20 on it.

Sometimes I'd come away with nothing in return. Remember ladies, it is a holiday for the men as well.

Girls don't have to go all out, just try returning the favor by doing something as well.

Be creative. It's a chance to show your valentine a different side of you. Give him something that he'll remember after two weeks.

At the store: It doesn't have to be the most expensive thing in the store. Consider his likes and dislikes to find something he will be able to use and most importantly remember.

Adding a surprise factor will really wow him. For example, if you get him jewelry think about engraving it. If you want to get clothes, consider his favorite sports teams or clothing stores.

Make something: Here's a chance for your creativity to come out. Making a gift shows compassion plus, it shows your significant other that you were willing to spend the time.

You can make something simple like a card, collage or even scrapbook. This is a guaranteed hit.

Cook:

Spending some time and effort in the kitchen to make a dinner for two will undoubtedly win over your man.

Men love women who can cook.

If dinner is already planned think about something for dessert such as baking a cake, brownies or cookies.

At the end of the night you'll be able to say, "I made that," and he'll appreciate it.

In the end all that matters is the quality time you spend together. Have a happy Valentine's Day!



Alexandra Butler

Valentine's Day. It's day full of perfume, chocolates and teddy bears...gag me.

Yes, these gestures are nice, but too cliché. Valentine's Day should give you the excuse to be sentimental and whimsical.

This holiday, stereotypically thought to be exaggerated and ruined by desperate girlfriends is dreaded by most singles and boyfriends. Well, this Feb. 14 I dare you to reach out to someone you don't normally talk to. I double dare you to give your roommate a valentine. And I triple dog dare you to consider visiting the widowed at University Village.

This day is about showing love. You'll feel better if you do something out of the ordinary.

For couples in college, having Valentine's Day is hard because most of us are broke. It should be about giving to your significant

other because you want to, not because you were forced.

Every girlfriend just wants to be heard and feel loved. It's a good idea to spend quality time together.

First, go somewhere different. Escaping the CLU bubble is important. Nearby Point Mugu State Park is a great place to have a barbecue, build a fire and watch the sunset. Santa Barbara is also close. There is even a train that will take you, and it's a perfect way to avoid spending money on gas and time in traffic.

If going somewhere isn't what you had in mind, remember it's all about spending time together.

To show sincerity, make something. Even the simplest crafts will show that you put time, effort and thought into a gift. Create a collage of all the pictures you and your significant other have taken throughout the years. Burn a CD of all the songs that remind you of them.

Create a bucket list and book of crazy places you want to go with your significant other. This shows you see a future with her.

If you're giving a gift pick a theme. This will tie all your presents or ideas together. If her favorite color is pink, make sure all gifts, cards and crafts include the color pink. If she love animals make sure everything includes an animal.

Everyone's time at CLU is limited; this is the one day that allows you to get corny and creative. This holiday is not about the flowers, and chocolate.

It's about listening, giving and showing your appreciation for their time and love.



To submit a story idea, send an e-mail to echo@callutheran.edu, ATTN: features

KCLU.FM dials up more awards

Haley deVinney
Staff Writer

Cal Lutheran's own KCLU has five new additions to their trophy case. At California's 60th annual Golden Mike Awards, the radio station took home five Golden Mikes on Jan. 23, pushing their grand total to more than 60 awards since 2001, according to the station's Web site.

KCLU received awards for Best Sports Reporting, Best Spot News Reporting, Best Live Coverage of a New Story, Best News Public Affairs Program and Best Entertainment Program.

"KCLU was the only winner from Ventura or Santa Barbara County, and won more than any other small market station," according to its Web site.

KCLU competed in Division B, which is the division for smaller radio stations. The Radio & Television News Association of Southern California states that this division is limited to "five or fewer full-time news staff members."

"I love having KCLU as part of the community," said Scott Harris, a Thousand Oaks resident. "National syndication has eaten into good local radio and KCLU does a great job of filling that void with a great combination of local and regional coverage."

In addition to local and regional news coverage, the station features several regular shows such as On Point with Tom Ashbrook, Wait Wait... Don't Tell Me! with Peter Sagal and Carl Kasell, Fresh Air and All Things Considered.

Mary Olson, the general manager for KCLU, was part of the original team that created the station and has stayed for the past 15 years.

"I still come to work every day excited and committed to our mission," Olson said. "I believe KCLU is an important community resource and a vital news source."

Students at Cal Lutheran have the opportunity to be a part of KCLU.

The station offers internships and paid positions. As an intern one would "gain valuable practical experience and learn the fundamentals of radio broadcasting," according to the description of the internship position.

According to Olson, KCLU isn't going to become stale or refuse to change with the times. In fact, there are plans for a bigger and better KCLU.

"KCLU is in a capital campaign to raise \$5 million for a new KCLU Broadcast Center," said Olson. "This will have greatly expanded production facilities, a community room and performance space and an educational suite complete with production facilities for students."



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OPINION

Weed could pull state out of hole



Jennifer
Nechiporenko

Over the past few years, California has been making the effort to go green, and in November 2010, we may be a little greener.

It has recently been announced that the decriminalization of marijuana will more than likely be on the November 2010 ballot.

The 700,000 names on the petition still need to be verified as valid, but since only around 450,000 names are needed there is a good chance the initiative will be decided in the voting booths.

According to an article in the Los Angeles Times last week, "the initiative would make it legal for anyone 21 and older to possess an ounce of marijuana and grow plants in an area no larger than

25 square feet for personal use."

The power to tax and regulate the sales of marijuana would fall to the individual cities and counties.

This means there could be some counties that allow the sale of the drug, and some that don't.

With a state budget deficit totaling upward of \$26 billion, the taxation of cannabis would create a much needed flow of income for the state.

Considering that in California a two-thirds vote by the people is needed to raise taxes, I see it being highly unlikely that the citizens would vote to raise their own taxes.

Therefore, how else is California supposed to balance the budget? Cut K-12 funding? Doubtful.

Limit the money even further spent on social services? Perhaps, but not likely.

Legalizing and taxing marijuana is a great way to solve this problem.

Plus, with fewer people going

to jail for smaller marijuana possession charges, the less money taxpayers will have to spend to fund the imprisonment of these inmates.

Of course, most religious groups see this as an abomination, but let us not forget the clear separation of church and state.

Legalizing and taxing marijuana is a great way to solve the state budget deficit.

The initiative has been well thought out and planned and places stricter rules on marijuana than the current laws for alcohol.

Like alcohol, it will be illegal to sell or provide a minor with the drug. However, unlike alcohol, adults will be prohibited from partaking in the drug in front of minors.

I think it will actually make it harder for minors to come across marijuana if this initiative is passed.

For example, during the alcohol prohibition, alcohol was illegal for everyone, no matter what the age.

So, people selling the alcohol did not care how old or young their customers were; just like those selling marijuana today.

So, now that the legal age to buy alcohol is 21, most vendors ID customers before they can purchase it, which will hopefully happen with marijuana and make it harder for children and teens to get a hold of the drug.

For those asking, "what about driving while high on marijuana?" I say "what about driving while intoxicated with alcohol?"

It is all relative; I am sure that there will be even steeper fines for a marijuana-related DUI than there is for an alcohol-related DUI, again bringing more money in for the state.

I think it is safe to say that the benefits of taxing and regulating marijuana are too great for California to pass on.

ASCLUG's spending is off target



Gabby
Gomez

Students can make great changes to the university. It just takes some organization, effort and awareness.

However, the majority of students at CLU do not know who is in ASCLUG, what they do or even what day they meet.

Until recently, I thought the only job of the student government was to plan the Club Lu events every Friday night.

However, ASCLUG also approves how our student association funds are distributed.

They have an annual budget of approximately \$150,000 to spend on activities throughout the year.

During the spring government retreat, they decide how they are going to divide the money to all the clubs that submitted budget sheets.

This alone eats up \$75,000. Among the expenditures ASCLUG approves are funds for cheer camp for CLU cheerleaders and the ice cream machine in the cafeteria.

Although they have helped the student population in many ways, some of their expenditures and meeting times are wasteful.

ASCLUG spent two months arguing whether or not to spend some of their budget on the stools in Trinity Hall.

In the end, Trinity did get the stools. This issue should not have taken two months to resolve.

ASCLUG also approved \$1,200 for the student section of the football stands to be painted. These are going to be torn down in a year when the field is moved to north campus.

To better connect with a greater amount of the student body, ASCLUG should conduct surveys about what the rest of the students would like the remaining money spent on.

A Facebook group or a poll out by the flagpole should be established to help ASCLUG monitor the thoughts of CLU students.

To ASCLUG, I propose we purchase more cardio equipment for the fitness center. I'm tired of having to fight for the Precor machines. Additionally, spin bikes would be a fantastic addition to the gym.

Without vocalizing what you want the student budget to go toward, you won't get it.

The ASCLUG can't read minds. If you have an idea, make it known.

Restaurant nutrition no longer a secret



Julie
Randall

Have you ever gone out to eat and tried to make a healthy choice by ordering a salad only to find that the "healthy" salad you ordered contains the same number of calories as a hamburger?

There is good news for people who enjoy dining out but also care about their nutrition. The California State Legislature approved a measure in July 1, 2009 that requires franchises with more than 20 locations to include the calorie content of every item on their menu. By 2011, even smaller, locally owned restaurants will have to have their calorie content available

upon request.

Generally, restaurants are mainly concerned about making good tasting food and a profit.

Many restaurant frequenters do not realize that restaurants add a lot of salt, fats, oils, butter and sugars to their food to make it taste good and to keep people coming back for more. This fact, combined with the oversized portions restaurants serve, can eventually take a toll on your health.

Requiring restaurants to list the calorie content of the items on their menus will encourage restaurants to cook healthier but still delicious foods.

People's lives today are more hectic than ever.

Many people turn to fast food because they do not have the time to cook nutritious meals. This measure will allow people to know exactly what they are eating and to make healthier choices in

spite of their busy lives.

In light of the new legislation, several restaurants that have had reputations of being unhealthy are now trying to change their image.

This measure has become more necessary as the correlation between obesity and fast food is becoming more and more relevant. Studies show that eating fast food three or more times a week can lead to obesity and a larger body mass index.

Many argue that the measure to include calorie content in restaurants is useless and will only cost money.

But can you really put a price on your health?

Taco Bell created a "fresco menu" that includes lower calorie options. They have also created a "Drive-through diet." This diet is endorsed by a woman named Christine Daugherty, who ate from Taco Bell's fresco

menu five to eight times a week and lost 54 pounds.

Also, McDonalds is now offering apples instead of fries, and juices and milk instead of soda, as well as lower calorie sandwiches and wraps.

Of course, eating cheeseburgers, pizza and fried foods from restaurants in moderation is perfectly fine, but many people dine out daily and this way they can become aware of the nutritional values of the foods they are consuming.

Small changes like these are positive and will definitely be beneficial for those of us who want to eat healthy but don't always have the time or money to do so.

As fast food is becoming increasingly available, obesity is becoming more prevalent in society. This measure is a step in the right direction for a healthier America.



Want to find out more about Lent?

Pick up a brochure on Lent in the SUB,
the Cafeteria, or the Chapel starting
February 10th!

For Questions, contact: x3228

Letters to the Editor

Editors Note:

Elections for the 2010-2011 Executive Cabinet are fast approaching. The candidates that are running for ASCLUG president, Program's Board director and Senate director were given the option of submitting a statement of intent to the Echo. The following is one such submission.

Dear Editor:

My name is Jesse Knutson, and I'm running for ASCLUG president.

I believe that I am the most qualified person for this position with all the experience I have gained in my years here at CLU.

I have been a member of each branch of student government – Programs Board, Senate and Executive Cabinet.

On Programs Board, my freshman year, I worked with a great committee to bring you events such as Spring Formal and Howl at the Moon. During my second year, I served as Programs Board director, where I led Programs Board and looked over all the Club Lu events for the year.

This year I'm a senator who has brought you Cal Lutheran Pride Week and helped distribute funds to clubs and organizations on campus. All of these experiences have helped me learn what it takes to be president. I have seen all portions of ASCLUG and have a great understanding of what they all do.

On top of those student government experiences, I have served as a Presidential Host, Peer Advisor, choir member and member of the Kingsmen tennis team. I've seen many aspects of CLU and want to use my experiences to strive to make CLU the best it can be.

As president, I would do my best to have every student's voice heard, and I wouldn't just listen, but I would do something about it!

Traditional undergraduate students pay a student fee which funds the student government. But where does that money go?

I will make sure to see that ASCLUG is transparent, so you know what bills Senate passes, what clubs they're giving money to and what resolutions they're sending to

the administration.

I will make sure that you know what Programs Board spends their money on at different Club Lutheran events.

With the great experiences CLU has given me and my immeasurable amount of Cal Lu pride, I trust that I am the most qualified person for the position.

Please allow me to give back to CLU what it has given to me, and vote for me on your CLU Portal for ASCLUG president, on Feb. 16 and 17.

Jesse Knutson
Junior

Dear Editor:

It has become painfully obvious that our political leaders are more interested in incarceration over education.

Over the years, education in our state has declined 4 percent while prison spending has increased 8 percent.

California has chosen to continue warehousing thousands of nonviolent men and women, who are serving 25 years to life sentences for crimes such as joyriding, petty theft, attempted burglary, receiving stolen property, making criminal threats and petty drug theft.

California continues to have enormous budget deficits and a prison system that is extremely crowded and draining state funds that would normally be used for education.

However, the legislators continue to portray nonviolent three-strike inmates as dangerous criminals who deserve to serve a life sentence for crimes that would have ordinarily carried six months to one year in county jail.

The California prison system should not be allowed to continue to drain the state's assets for political gains or ideologies, while breaking the back of the state's education and other human resource organizations.

Education and treatment, not prisons, are the best investments for California's tax dollars.

Larry Wallace
Inmate at Folsom State Prison

Editorial Matter: the Echo staff welcomes comments on its articles as well as on the newspaper itself. However, the staff acknowledges that opinions presented do not necessarily represent the views of our editing staff, ASCLUG or that of California Lutheran University. The Echo reserves the right to edit all stories, editorials, letters to the editor and other submission for space restrictions, accuracy and style. All submissions become property of the Echo.

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the Echo

Internet craze gets contagious



Erica
Larson

Facebook.com is out of the closet.

With the average user spending four hours a day on Facebook, the social networking Web site has officially entered mainstream society.

On both Christmas Eve and Christmas day, however, Facebook.com was the most visited site in the United States, which means if you have an account, chances are you signed in over the holidays to check your messages or send a good tidings greeting.

Yet, it isn't only on holidays when Facebook feels important.

Last year Facebook experienced a 145 percent increase in activity, as the number of users went from below 150 million to over 350 million.

No longer is Facebook a small community of college students. Facebook has entered 2010 as a smart, simple, Internet phenomenon.

Advertisers have long since seen the potential in social networking Web sites, and Facebook has responded, providing advertisers with a revolutionary system that allows them to control their target audience and track the progress of their ads.

If you update your status with news of your Superbowl XLIV party, the modest, clean list of ads on your Facebook will probably offer you advertisements related to football or sports in general.



<http://www.freedigitalphotos.net/>

Therefore, users are less likely to get frustrated with unwanted advertisements.

Facebook is still seen largely as a way to social network and stay connected to your friends.

"The e-mail part of it – I can contact anyone I know. A lot of people use it, so they get back to you faster," sophomore Emily Andrews said.

The casualty and amusement offered by the social networking aspect of the site might be responsible for keeping people interested.

People can post status updates about anything and can also log into Facebook's instant messaging client, which is conveniently built right into the site.

It allows you to network and connect in a moment's time.

In other words, Facebook is as fun as it is useful. The e-mail is an added bonus to the sense of community; the global community that is.

"I found cousins in different

countries I would have never gotten in touch with if it weren't for Facebook," said Donna Saidon, a pre-school teacher in the San Fernando Valley.

Facebook's start as a site for college students might have helped to make it what it is today.

College students often need to get in touch with people in their classes and Facebook makes contact safe and simple.

"It started off on the college-level, so more mature people started using it," Andrews said.

A college-aged audience is one that is quickly acquiring new information and creating trends. Trends are extremely influential, as we have seen with the latest Doppelganger craze.

Whether it is college students across campuses nationwide, people working at office jobs with computer access, stay-at-home moms and dads with an hour to kill while Junior naps, or John Doe checking for updates on his iPhone, one thing is for sure: we are all logging in.

Banish the Valentine's Day blues



Courtney
Batista

Valentine's Day is a bittersweet time of the year.

If you're in a relationship, you're excited to go out and celebrate with the one you love.

For those of us who are single, this day could mean going to dinner with friends or renting a movie.

Whether you have a significant other or not, you can find ways to have enjoy yourself.

The options are endless. Don't let this Valentine's Day transform from being a fun day to pass out notes and cards to our friends, to a day of anxiety and stress.

When Feb. 14 rolls around, we can still have that fun feeling we did about this holiday when we were kids.

Make fun candy grams for your friends. Go to the store and pick out some of those cute cards that you use to love. Or go buy a big bag of candy and surprise your roommate with a chocolate on his or her pillow.

If you are one of the fortunate ones who have a date this holiday, get creative.

Go to a movie or to the beach

for an exciting setting. You could also go to a park and set up a cute picnic. Remember, you don't have to go all out to have a good time.

When it comes to Valentine's Day, it's the thought that counts.

Don't feel bad if you can't afford to get someone a big present or flowers. Just a simple piece of candy or a card goes a long way and will show someone that you care.

This is a day to surround yourself with people you love and who love you.

If this means your family or friends, show them how much they mean to you.

If this means a special someone, share time and show them how much you care.

But, most importantly, don't be afraid to take the risk and go for it.

If you're thinking of asking someone to join you in celebrating this day, take the chance.

You never know what can come out of a great Valentine's Day.

HOW TO RESPOND:

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Thousand Oaks, CA 91360

Phone

(805) 493-3465

E-mail

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(preferred)

Please limit responses to
250-300 words.

Letters to the editor must include your name, year/position and major/department.

SPORTS

Kingsmen shake off late scare to beat the Leopards



Photo by Erik Hagen-Creative Media

Double Digits: Andy Meier dropped 20 points on La Verne.

Andrew Adams
Staff Writer

Aaron Van Klaveren and Andy Meier each scored 20 points as the Kingsmen escaped with a 77-73 victory over La Verne University in Gilbert Arena on Friday.

"It was a big game. Earlier in the season guys didn't really know their roles. Now we're working harder, we know our roles and things are clicking. We are learning what it takes to win and putting in the work at practice every day," Meier said.

The combination of Van Klaveren and Meier accounted for 40 of the team's points and 17 rebounds. Meier's two free throws with 11 seconds left sealed the win for the Kingsmen, who saw the Leopards claw back into the game by catching fire from behind the arc.

Matt Heyd cut the Kingsmen lead to six with a three-point play with three minutes left in the game and some shaky free throw shooting by California Lutheran allowed the Leopards to cut the lead to two points with 25 seconds left. La Verne then forced a turnover on the ensuing inbound pass but came up short on a layup attempt that could have tied the game.

"I was proud of our guys' effort. They kept fighting all game and never gave up. We came up a little bit short at the end, but as long as the effort is there, we will find a way to win those games in the future," LaVerne coach Richard Reed said.

So far this year, the 70-point benchmark has been an indicator of success for the Kingsmen. Coming into the game Cal Lutheran was 8-1 in games where they scored 70 or more points and only 1-9 when being held below 70 points. By scoring 77 points, the Kingsmen improved 9-1 on the season when scoring 70 or more.

The Kingsmen continued another trend Friday night by extending their home win streak against the LaVerne to five games and six of the last seven games overall. With three of the Kingsmen's next four games coming on the road, this was an important win for Cal Lutheran.

"This win will give us a big boost and the momentum to go out on the road," Kingsmen coach Rich Rider said. "Some guys came alive for us tonight, Aaron came to play tonight and had a great game. This game should give him the confidence to keep his hot streak going. Meyer with the clutch free throws, he was huge for us tonight."

In a game that Cal Lutheran lead from the opening tip, the Kingsmen used a 6-0 run to start the second half that extended their lead to a game high 12 points. After a close first half that saw both teams shoot over 50 percent from the field, both teams cooled off to end the game shooting under 40 percent. The Leopards were led in scoring by Heyd, with 22 points, and Billy Nicolini with 20.

The Kingsmen will next take the court at Occidental today at 7:30 p.m.

Rain postpones home debut of women's tennis

Regals start season with a victory on the road at Oxy

Christine Nguyen
Staff Writer

Rain, rain go away, come again another day.

Since it had been raining this past weekend, CLU women's tennis team's second game of the season had been postponed to Thursday.

That does not stop the Regals'

determination to win their tennis matches. They opened the season strong with a victory, as Cal Lutheran defeated Occidental College.

With their box winning score of 7-2, the Regals plan to sweep more games as they continue on in the SCIAAC.

New athletes on the team, freshmen Carly Mouzes and Anette Pohjalainen, defeated their Occidental opponents Krishaveni Subbiah and Marissa Cassman in their No. 1 doubles match with a score of 8-5.

Pohjalainen also played in the

No. 1 singles match and defeated Oxy's Subbiah again with a score of 6-3.

In their second consecutive year in a row as a doubles team, sophomores Holly Beaman and Jordan Leckness went for a victorious sweep of 8-0 at No. 2 doubles. Last season the pair finished with an 11-7 record.

Leckness is no stranger to victories. Last year, she was ranked as No. 22 singles player in the west region, and won her match by in three sets, 6-2, 2-6, 10-8.

The Regals kept up their winning ways when sophomore

Kim Kolibas and freshman Lauren Toohey gutted out a close win of 9-8, emerging victorious in the tiebreaker with a score of 7-4.

Beaman and Toohey also won in the No. 4 and No. 5 singles matches.

"I felt that my first match against Occidental went very well," Toohey said.

"It was a great start to my tennis career at Cal Lutheran."

This year's team consists of nine players, mostly freshmen and sophomores and one upperclassman, junior Lacey Gormley.

Gormley is excited by the new prospects.

"The freshmen have been a great addition to the team and along with the girls from last year, our team has gotten even stronger," Gormley said.

"Since we've started off strong, I'd like to see us keep the momentum up and fight for as many wins as we can get."

As the Regals' new head coach, Vanessa McPadden has high hopes for the team this season.

"I am very excited about coaching the women's tennis team at Cal Lutheran. I am very impressed with the staff and players that represent the school at large," McPadden said.

She believes that Mike Benson left on a good note, establishing a "dominant program." Before she took on this position as head coach, she interviewed Benson a couple of times for some key pieces of information, looking forward to building off his past successes.

The only added pressure on the team or overall "is the pressure you put on yourself," McPadden said.

Hearing that Biola and Westmont University can be tough to beat, McPadden is looking forward to a good challenge to beat these teams.

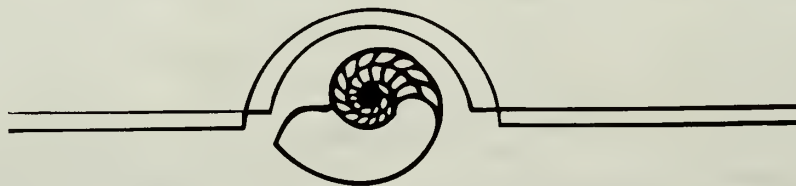
"Vanessa is wonderful. She bases the practices off of what we feel we need to work on, instead of just making us do repetitious drills," Gormley said.

"She has a great attitude and we are lucky to have her."

CLU will face Westmont College Thursday at 2 p.m. at home and on will travel to La Verne for its second SCIAAC match of the season on Feb. 13 at 9:30 a.m.

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Thirteen-year-old highlights National Signing Day

Florida Gators snag top recruits; USC snags headlines

Andrew Parrone
Staff Writer

Less than a month after Alabama's national championship victory, National Signing Day serves as the last glimmer for college football action for months to diehard fans across the country. That's, at least until spring ball starts. In the age of online recruiting services and highlight tapes, it's increasingly difficult for "sleepers" prospects to slip through the cracks. This means that the battle for the top guys is even more intense and coaches use all their means to attract the top talent.

NSD headlines were dominated by the Florida Gators, who by most accounts won the mythical "Recruiting National Championship" with what some call the greatest recruiting class of all time. This was accomplished despite the ongoing saga of head coach Urban Meyer's resignation.

Meyer, who abruptly resigned the day after Christmas citing

stress-related health issues, quickly changed course and decided on an "indefinite leave of absence." Apparently indefinite means only a few months, because several recruits said Meyer assured them he would be back for fall camp. So much for the Meyer girls "getting their daddy back."

This raises several questions about the manner in which any coach becomes involved in the lives of high school athletes.

Meyer was adamant in telling his prospects that he wasn't going anywhere, which contradicts ev-



everything we heard him say about needing to take it easy and spend time with his family. His commits trust that he will be around throughout their careers at Florida, though one more health scare could force him out of coaching for good.

Athletes need to make sure that they are committing to schools for the right reasons. Relationships

with coaches are very important, and more power to guys like Meyer for being able to connect with players on very meaningful levels. But chances are in college athletics, the coach that you started with is not going to be there when you leave.

Another school that generated a lot of buzz, both positive and negative, is USC. With the stunning departure of Pete Carroll to the NFL less than a month before signing day, many wondered if the Trojans recruiting class would hold up. But new coach Lane Kiffin quickly swooped in and rescued the class, even adding to a group of blue chip athletes.

The biggest news, however, was the bizarre commitment of a quarterback prodigy who happens to be in middle school.

David Sills, just 13 years old, verbally accepted an offer from Kiffin to be part of USC's recruiting class in 2015. Steve Clarkson, Sills' quarterback coach, referred Sills and his father to Kiffin, who was impressed enough by his highlight reel to offer the wunderkind a scholarship.

This is an unprecedented move in college football, one that I'm sure will have much bigger rami-

fications down the road. Similar situations have played out in basketball, where it is much easier to project the maturation process of star players.



Sills' commitment may be a single case, or could lead to wider recruitment of younger players from now on.

Now, is it responsible for Kiffin to offer this kid a scholarship when he has barely reached puberty? It could be viewed as a harmless story that works out well for both sides, with Kiffin getting a future star who has always considered it a dream to play quarterback at USC. And verbal commitments are anything but set in stone, with players time and again changing their minds and going back on their word.

But by recruiting a kid in seventh

grade, you are putting an inordinate amount of pressure on him to succeed no matter what. Sills now has to set the world on fire or he will be viewed as a disappointment.

You can't commit to USC as a 13-year-old and expect otherwise. Odds are that Clarkson is correct in predicting Sills will be a phenomenal talent, but the scrutiny is definitely going to be intense. Stay posted, because this story is at least five years from being over.

Lost in the buzz of Kiffin's star child and Florida's dominance were the University of Texas Longhorns, who have been widely credited with the second-best recruits.

The Longhorns signed the son of former Dallas Cowboy defensive tackle Jim Jeffcoat, Jackson, as well as quarterback Colt McCoy's younger brother, Case.

NSD 2010 has come and gone, and now the next wave of high school football stars has less than a year to decide where they will be committing their services. The effects of this year in recruiting will continue to have an impact on the college football landscape into the future.

And in the case of David Sills, well into the future.

Senior day drowns out chances of a Poets victory

Kingsmen and Regals win last event before SCIAC

Sasha Voinovich
Staff Writer

CLU's swimming and diving team dominated in the water this past Saturday. Despite the heavy rainfall at the Samuelson Aquatic Center, both teams came out on top over the Poets of Whittier College.

The Cal Lutheran men's team started the day off with a win in the 400-yard medley relay. Two freshmen, Greg Giesbers and Will Kennedy, along with the sophomore twins Gannon Smith and Quinn Smith, posted a time of 3:48.10 to win the event.

The Kingsmen put up a one-two finish in the 1,650-yard freestyle, along with a new CLU record. Sophomore Spencer Vopipka (19:54.86) finished second behind his teammate Jake Kaija (19:04.14). Kaija, also a sophomore, broke the CLU record for the 1,000-yard freestyle with a time of 10:17.24 during the race. "I think today went really well," Kaija said. "I was happy with my performance. I wanted to swim fast today, and I did."

Kaija also finished first in the 500-yard freestyle with a time of 5:04.47.

The 100-yard backstroke wasn't much of a nail-biter. G. Smith (57.94) finished on top over four Whittier athletes. Juan Aguilar (1:01.74) from WC finished well behind G. Smith to take second.

The Kingsmen did not stop there. In the 100-yard freestyle, sophomore Grant East (49.39), Kennedy (50.18) and junior Jordan Liebhardt (51.28) managed a sweep. The Kingsmen took another sweep in the 50-yard freestyle, leaving the Poets no chance. Kennedy won the event with a time of 22.34, but was followed closely by Q. Smith (22.42) who finished in second, while East rounded out the top spots coming in third with a time of 22.58.

"I have not had a lifetime best this season, but I am excited to taper and hopefully get on the podium at (SCIAC) Conference," Q. Smith said.

The Kingsmen ended up finishing the day with 128 points to Whittier's 101 points.

"All the guys did what they needed to do. We swam fast and finished strong," Kaija said.

The Regals also secured an easy win against the Poets on Saturday. Sophomore Brooke Dacus won the 200-yard freestyle with a time of 2:06.72. Brianne O'Doherty (2:18.39) of WC finished second, while senior Amanda Graves (2:26.11) of CLU took third.

The Regals managed to earn their own sweep in the 200-yard IM. Junior Kelly How Tam Fat (2:22.61) finished behind her senior teammate Lauren Dakin (2:20.97).

However, it was freshman Courtney Downing who touched the wall first, finishing the event with a time of 2:17.66.

CLU took another sweep in the 100-yard butterfly. Graves



Photo by Scott Chisholm - Sports Information

Senior Special: Senior Kelley Fry won the 100-yard back in her last swim contest at Samuelson Aquatic Center.

(1:01.59) and sophomores Jenna Snyder (1:02.38) and Kelli Hoine (1:03.48) earned the top spots for the Regals.

Sophomore Caitlyn Melillo held off the competition, winning both the 50-yard and 100-yard freestyle with times of 26.03 and 56.93.

"Today felt great! There are a few things I need to work on for SCIAC but overall I'm very happy with how I swam," Melillo said.

Snyder snatched another win in the 500-yard freestyle finishing in 5:36.60. Senior Kelley Fry grabbed the 100-yard backstroke for CLU with a time of (1:02.41) and Dakin placed first in the 100-yard breaststroke (1:10.60) adding more points for her team.

The Regals beat the Poets by well over a hundred points. The final result was CLU 170, WC 54 points.

"The team has come a long way

since the beginning of the year," Melillo said.

"We have been working hard, and everyone has been encouraging each other to do their best." Saturday was the conclusion of the regular season for the Kingsmen and Regals.

Both teams plan on tapering to get ready for the SCIAC Championships, which are being held at the Long Beach Olympic Plaza beginning Thursday, Feb. 21.

"Pink Zone" initiative fuels Regals conference victory

La Verne Leopards blown out by Cal Lutheran

Amanda Lovett
Staff Writer

Cal Lutheran's Regals basketball team brought together more than just a pair of pink socks at Saturday night's "Pink Zone" game against La Verne with a win of 75-43.

The Women's Basketball Coaches Association (WBCA) Pink Zone Initiative is a global effort to unify and support breast cancer awareness among teams and campuses, which was brought to Cal Lutheran in 2007 and has become an annual tradition to support the cause.

Fans flooded the stadium donning pink attire, ribbons, bandanas and jewelry in honor of the fight against breast cancer.

"We really stepped it up tonight [for the cause]," junior Donielle Griggs said. "We had a lot of enthusiasm tonight."

The Cal Lutheran girls began the game with a pregame warm-up wearing "Pink Zone" shirts and sporting pink socks, bringing together a theme of unity for this one initiative.

The game started off with several points on both sides, La Verne leading until the Regals tied at 8-8 with a jumper from Starla Wright.

Freshman forward Channing Fleischmann's layup put the team 11 points ahead to 21-10, creating a lead that La Verne could not surpass the rest of the game.

A 15-point lead was the largest margin of difference during the first half, at a score of 29-12. Regals were ahead at halftime, 30-19, with a free throw scored by Wright.

During halftime, Cal Lutheran's dance team, dressed in pink and black performed a well rehearsed dance for short entertainment in honor of the initiative and the cheer team followed with, pink hair ribbons replacing their usual CLU purple.

Early in the second half, the Regals scored two back-to-back



Echo File Photo

Nine is Fine: Freshman Donielle Griggs put up nine points in a blow out of the La Verne Leopards.

three-point shots, the first by Danika Briggs and the second by Griggs to put the score at 36-21. Those were then followed by a number of layups to put CLU in the lead 54-26.

Free throws made by Nadine Izaiguirre put the Regals even further ahead, as well as excellent defense and rebounds to keep the Leopards from scoring high, to a final score of 75-43.

The leading scorers in the game were Briggs, Megan Goode-nough, Griggs, Fleischmann and Brianna Parker.

In the stands, a woman dressed in pink sat next to her family sporting pink ribbons. She was kind enough to share her story and reason for attending the game.

"Donielle Griggs is my daughter, so I am here to watch her play. However, I was recently diagnosed

with breast cancer," Earla Griggs said.

"I have finished my round of [treatments], and I'm OK now." She said she found out through a mammogram and was diagnosed in Stage 1, incredibly lucky that they caught it so early.

"I would never have known otherwise," she said. She recommended every woman to get a mammogram, just in case.

D. Griggs commented after the game on how this experience has affected her and her insight into the worldwide fight against breast cancer.

"You see a whole different perspective; because until [breast cancer] really affects you personally, it's hard to really see it from that side," D. Griggs said.

All the girls on the team united for this experience as well. Not only in wearing pink to support the initiative, but the enthusiasm they brought with them really helped them win the game.

"I feel like it pulled us together tonight, we had a lot more enthusiasm just for the main cause," Fleischmann said.

Unfortunately, especially in this day and age, the Griggs family is not the only one to battle the disease. Breast cancer has shown to be increasingly more common even within the last decade.

"So many people have it, it has become so common. Everyone knows at least one other person who has battled it, or knows someone who has it," D. Griggs said. "It would be so great to find a cure."

Fleischmann, Taylor Autry and Alex Nelson all said they too have someone close to them who has battled the disease.

"These games and initiatives are important because then more people can become aware," Autry said. "And that brings it closer to the heart."

Even those who may not have personal stories joined the initiative and showed their support by attending events like these.

"It's nice to see the enthusiasm and support for breast cancer awareness at this game tonight, both on the court and in the crowd," E. Griggs said.

Between sporting pink bandanas, T-shirts, ribbons and educating the public, these people truly make a difference for everyone involved.

"I was really happy to see a good turn out. All the people wearing pink and cheering; it was inspiring to see that people really care," D. Griggs said.

The Regals improved to 9-1 in the conference and 17-4 overall.

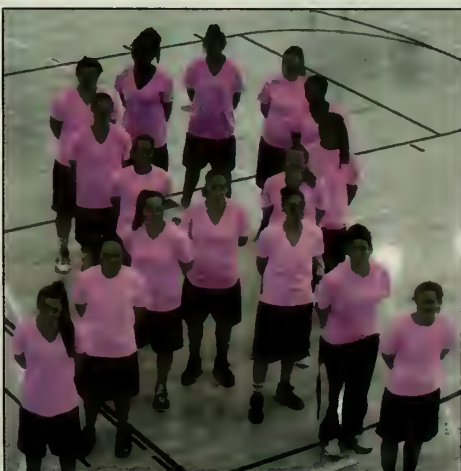


Photo courtesy of Kelly Balch

In The Pink: The Regals wore pink shirts to support breast cancer awareness.

Pink Zone

WBCA Mission Statement

"The WBCA Pink Zone" initiative is a global, unified effort for the Women's Basketball Coaches Association's (WBCA) nation of coaches to assist in raising breast cancer awareness on the court, across campuses, in communities and beyond," according to its Web site.

The Regals wore "Pink Zone" shirts during warm ups, as well as pink socks and ribbons during the game to show their support for the initiative.

In 2009, the movement raised over \$1.3 million for breast cancer awareness and research. Over 1,600 teams and organizations are involved in the WBCA Pink Zone.

CAL LU SPORTS CALENDAR

	Wed. 10	Thur. 11	Fri. 12	Sat. 13	Sun. 14	Mon. 15	Tues. 16
BASKETBALL		at Occidental 7:30pm		at Redlands 7:30pm			
BASKETBALL	at Occidental 7:30pm			at Pomona/Pitzer 7:30pm			
BASKETBALL		Arizona George Fox 10am	Desert Pacific Lutheran 2pm	Classic Linfield 2pm	(11-14) Whitman 10am		
SOFTBALL				at Redlands 12pm	vs. Alumni 12pm		
TENNIS				at La Verne 9:30am			
WATER POLO			CSU Fullerton 1:30pm Colorado Boulder 4:30pm				
SWIM/DIVE				SCIAA Diving @ Long Beach 9am	SCIAA Diving @ Long Beach 9am		

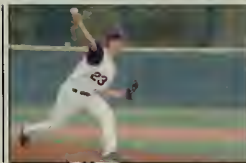
Shade denotes home game



Facebook
and the Issue
of Privacy
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CLC
Traditions
Through
Music
Page 5



Baseball
Starts League
Play 2-1
Page 12

the Echo

February 24, 2010 Vol. 55 Number 3

Students answer call to action and help Haiti

Alyssa Harris
Staff Writer

CLU students expressed their creativity while providing relief efforts to the country of Haiti and its citizens, who have been affected by the tragic earthquake.

On Thursday, Feb. 18, CLU students, graduates and community members joined together in the Samuelson Chapel to perform and enjoy different acts that would bring donations to the people affected by the Haiti earthquake.

The benefit concert was put together by senior Casey Kloehn and junior Jesse Knutson, and the performances and speeches were all done by CLU students and graduates.

The performances ranged from Stacy Gross singing an original song on her guitar, to The Quartets singing "Oh Sister" by Bob Dylan to Diane Machin performing a Flamenco dance. All participants displayed their talents in order to benefit the people of Haiti.

"I loved the unity and spirit that everyone brought to the stage," said senior Amanda Wallace, a member of the Quartets. "I was impressed with how everyone rose to the occasion. Everyone chose the right pieces because it illuminated the spirit of hope and giving."

During the concert, a transfer student from Haiti spoke to the audience about what this concert means personally to him and to



Photo by Robyn Poytner - Staff Photographer

Live Hope: Musical group 'Sound The Sky' performs at CLU's Haiti Benefit concert last Thursday. As of Monday Feb. 22 \$876 had been collected from the Haiti Benefit Concert.

the people of his country. He explained that the performances that occurred that night were enabling his country to put the pieces back together again.

In his speech, he explained that what touched him the most was despite the fact that we may not know a single person in Haiti, we still wanted to help.

The benefit concert was put on completely by the students of CLU, and they were all volunteers who wanted to perform their talents for the Haiti cause.

"I enjoyed seeing how people cared and seeing how much they were willing to give, such as their

time and talents," Knutson said.

In an effort to provide relief, there were donation boxes that were set up with six different organizations' names on them.

The donations that were made will go straight to the organizations that will help the people of Haiti.

The people of Haiti are still struggling from the earthquake over a month after, and they need all the help they can get.

Andrew Brown, alumnus of CLU, has traveled to Haiti for the past five consecutive years.

One of the experiences he had was building houses for the peo-

ple of Haiti, as it is still a developing country.

He explained that the people of Haiti are people of hope, conviction and strength.

During his speech, he told the audience that the Haitians will survive this tragedy, and it will only make them stronger. However, he said that our helpful efforts will not go unnoticed.

"It's always great when students are given a chance to express their talents and gifts," Brown said.

"Especially in a way that people that aid the healing process during the aftermath of such a tragic event," Brown said.

Weather unsettles residents

Students forced to relocate to campus house

Henrik Gjertsen
Staff Writer

The 2010 spring semester is well underway, but flooding as a result of heavy rain over the last couple of weeks has made the start of a new semester for three CLU students more chaotic than expected.

The dorm room of Kelsey Blassingame, Teresa Bandurian and Hay Mun Win has flooded twice this semester. During the first week of the semester, the room flooded and they were forced out of their room. The three students spent a night at a local hotel.

They were moved back on campus and spent four days in Conejo Hall as repairs were being completed in their room, before being allowed back into their room.

Michael Zavala, Resident Assistant South Hall, then flooded during the next storm and the trio

were forced out of their room again. However, this relocation became permanent.

Because of the continuing problem in South Hall, the three sophomores have been moved into a campus house on Luther Street for the rest of the semester.

"The [first] weekend we had no chance of getting any homework done because all of our stuff was back in the lounge in our dorm, and none of us has a car to drive back and forth," Bandurian said.

While there has been no permanent or visible damage to the building during the days of [See WEATHER, Page 3]

All access just one ID swipe away

Jakie Rodriguez
Staff Writer

In a perfect world, one card would integrate with all areas of the CLU campus, work as a debit card, connect with auxiliary services and better serve all students and faculty.

That perfect world may be coming to California Lutheran University sooner than one would expect. On Feb. 8, Senate unanimously passed (16-0) the OneCard Resolution, which was presented to the Board of Regents this past weekend.

One of the many features of the card would eliminate some safety concerns as it would "effectively

monitor who is going in and out of every building on campus, said Mayan White, junior and chair of the Student Experience committee.

The Student Experience committee of Senate developed the resolution after listening to the desires of students and seeking to improve life on campus.

One of the features would possibly allow students to add money onto their cards through the use of the Blackboard system or another similar one.

Additional features include a debit-like function and laundry card.

The debit function would "enable use at the bookstore, on-campus

dining facilities and also could be potentially used at off-campus restaurants like Starbucks, Three Amigos and similar surrounding places like that," White said.

However, despite the advantages that the card may have, it could be a while before it is put into effect.

If the Board of Regents decides to approve the resolution, the installation for applying the OneCard system at CLU can be lengthy.

"[The installation requires] serious technology and infrastructure upgrades that are both costly and time consuming," said Sally Lorenson, assistant director of Student Life.

However, if the card is put into

use, it is expected to solve some of the problems that the current system faces.

"It will eliminate many of the behind-the-scenes issues that our ISS, Campus Public Safety, Student Life and Campus Dining staff deals with now, and will open up new possibilities for services we can provide to students," Lorenson said.

Some students are already excited about the possibility of having the OneCard system in place.

"I think it is a great idea; that way there won't be so many things to carry or take care of," freshman Miriam Velasco said.

Another disadvantage to the [See ONECARD, Page 3]

NEWS

Facebook reinventing the way we communicate

facebook

California Lutheran University is on Facebook
<http://www.facebook.com/cal Lutheran>

Wall Info Events Photos YouTube Video Box Boxes >>



Celebrating our 50th anniversary, Cal Lutheran is part of a 500-year-old tradition of Lutheran higher education that expects you to ask the big questions and find your own answers

Information

1000 University Ave.
 Thousand Oaks, CA 91360

(805) 492-2411

Facebook by the Numbers

4,068 people on the Cal Lutheran network

400 million active users worldwide

35 million users update their status each day

60 million status updates posted each day

An average user has **130** friends on the site

An average user writes **25 comments** on Facebook each month

According to Facebook.com

Transferring data from a collective-media.net...

Jenny Guy
 Staff Writer

In February 2004, college students Mark Zuckerberg, Dustin Moskovitz, Chris Hughes and Eduardo Saverin launched a revolutionary social media site called Facebook from their Harvard dorm room. The site has been reshaping society ever since.

According to "A Brief History of Facebook" by Sarah Philips, the site was originally called Facemash. This Web site was a Harvard knock-off of the popular "Hot or Not" site, where young adults were matched up against each other and people voted on who was hot or not. However, it wasn't long before Facebook was transformed into something more than just a tool to pass judgment.

Facebook Nation

Today, Facebook has evolved into a several billion dollar Web site maintaining a mission to satisfy every social networking need. In only six years, Facebook has gained over 400 million active users and has become one of the world's fastest growing Web sites.

The average user spends more than 55 minutes per day on Facebook and the site is reported to have more than 60 million status updates posted daily, according to Facebook's Fact Sheet.

With this kind of activity, it is no secret that Facebook has become a major part of everyday life.

"Nearly everyone I know uses Facebook. It's not just for college students anymore," said Noelle Kraus, a junior at California Lutheran University.

According to associate communication professor at UC Santa Barbara, Dr. Miriam Metzger, "In 2006, Facebook was named the second most popular item by undergraduates, tying with beer and ranked lower only to the iPod," in her speech, "Privacy 2.0: Managing Privacy in Social Networking Environments," held at CLU on Feb. 11.

Metzger also noted that, in 2008, social networking sites surpassed the use of e-mail and, in

2009, Facebook became the second most popular Web site after Google.

"If Facebook were a country, it would be the third most populous country behind only China and India," Metzger said.

But when any new innovative form of media becomes widely adopted, a shift in society as we know it, is bound to occur.

Facebook of Relationships

One major issue, many contend, is that Facebook is changing the fundamental nature of relationships.

"There's two sides to this debate," said Dr. Russell Stockard, associate communication professor at CLU, "One saying, yes, relationships are being changed: they are turning more superficial and that it's the quantity not quality of relationships that matters."

On the other hand, Stockard explains, some research has indicated that this isn't necessarily true, and it is possible for these relationships to be just as strong online as in person.

"It certainly gives you the opportunity to be in contact with more people. It is now possible for people to have rich relationships with individuals they might not have the chance to be in physical contact with," Stockard said.

He explains, that the reason for this is because Facebook is able to overcome the boundaries of time and distance, making it "fairly easy to maintain some form of relationship, even if individuals are on opposite sides of the planet."

Dr. Jean Sandlin, communication instructor at CLU, adds to this approach, explaining that older generations who have spent the majority of their lives without this new media. "Digital immigrants," as Sandlin describes them, are having a difficult time understanding how the "digital natives," those who grew up using this technology, are maintaining social relationships without being in physical contact.

Sandlin explains that relationships are not necessarily stronger or weaker due to social networking sites, rather it is the way we view and de-

fine relationships that has changed.

"People tend to be anti-social toward networking sites because they think it takes away from the traditional relationship, but what the research is actually showing is just a definition change," Sandlin said.

She explains that changes in traditional definitions are a common occurrence when something new is introduced to a culture, forcing a response.

"I think Facebook's success is based largely on the fact that it's not just about social networking anymore. Aside from reconnecting with friends through wall posts, sharing pictures and videos and sending invitations for events, you can create an identity" senior Courtney Murphy said.

Self Identity and Facebook

In an article titled "Virtual Friendship and the New Narcissism," Christine Rosen describes a change in the individual's expression of self-identity.

Rosen catalogs the progression of human nature in our desire to be socially accepted by revealing not only who we are, but who we want others to think we are.

"Social networking Web sites like Myspace and Facebook, are modern self-portraits. They feature background music, carefully manipulated photographs, stream-of-consciousness musings and lists of our hobbies and friends. They are interactive, inviting viewers not merely to look at, but also to respond to, the life portrayed online," Rosen said in her article.

From creating relationships, keeping in touch without the restraints of time and space and fostering a sense of individual identity, social media seems to be becoming increasingly embedded in our society.

When asked about the future of social media, Stockard said, "It's going to grow a lot more before reaching its full potential, and there are enough indicators demonstrating the longevity of its importance in our society that we can predict that social media and sites like Facebook are more than a fad."

Privacy or popularity: the choice is yours on Facebook

Gannon Smith
 Staff Writer

An example of a response to a male Facebook stalker:

"Ewww! Why does this guy keep leaving creepy posts on my wall?"

An example of a response to a message from a female:

"Why did that weird girl send me a message again that just says 'I see you walking through campus... yumm...'"

Every day CLU students experience the positives and negatives of public social networking sites (SNS) like Facebook. One of the biggest issues now facing students with SNS is the right of privacy.

Miriam J. Metzger, associate director of the Center for Film, Television and New Media at the

University of California, Santa Barbara, recently came to California Lutheran University to discuss this developing issue.

Metzger pointed to different issues causing concern for students. Law enforcement and college administrators have started to use Facebook for disciplinary purposes.

Currently at CLU, residential assistants can document students for pictures that are taken in residential halls that contain alcohol.

Facebook is being used more and more by potential employers, parents and professors to gather information and the idea of permanence of information and content displayed on Facebook has become a concern.

Another issue when examining personal privacy on a SNS, is

determining what is considered public content, and what is considered private content.

Some users of Facebook or Myspace would say that anything they put on their profiles is private property and cannot be used as evidence by law enforcement, or for any other use, but they are wrong.

The Internet is considered a public place, so virtually anything posted or uploaded is considered viewable by anyone for almost any purpose.

Many students are aware of who can see their profiles and yet, do little to block these people in order to make their profile more private. Metzger calls this the "privacy paradox."

"Students are more concerned about online privacy than terror-

ism, or global warming, but they still fail to take any action to protect their privacy," Metzger said.

In accordance with this new trend, Metzger says, "We need to rethink privacy."

So the question is: how much information should a student put online in order to maintain their privacy and their social life?

"If we withdraw completely from any SNS, we will be isolated, but you don't want to put everything out there, then you'll be weird," Metzger said.

The idea is to find a "balance" between a student's privacy and their social life.

"After my Facebook profile was hacked, I realized that I was sharing too much information," said Emily Hnath, a sophomore at CLU. "So I now use all the privacy

settings on Facebook and only allow my friends to have access to my profile."

While not everyone can see her profile, Hnath is still able to stay connected with her friends. By using all of the privacy settings, she is able to avoid future invasions of her privacy.

At one point Metzger asked all the CLU students in the audience, how many of them have changed the default privacy settings on their Facebook, over half of all the students raised their hand.

For many CLU students, Facebook is a way of life, allowing them to stay connected socially, but many students should take another look at their Facebook privacy settings in order to ensure that they know who has access to the content they post and upload.

Afternoon hike turns into overnight adventure for students

Two CLU students airlifted out of Malibu Canyon

Reanna Woodhouse
Staff Writer

CLU MBA student Fredrik Hassel and junior Brooke Hall were airlifted out of Malibu Canyon after their roommates grew concerned when they didn't return home from a hike last Monday.

The couple set out on Backbone Trail in Santa Monica Mountains off Kanan Road around 3 p.m. with their roommate's dog.

After hiking for two hours, the couple was about to turn around when another group of hikers told them that if they kept going, they would run into the trail that would lead them out of the canyon and back to the parking lot. "We had the dog with us so we

thought continuing forward was a better idea," Hall said.

"However, the other group miscalculated how far ahead the trail was and it got too dark before we could reach it. We had a cell phone but there was no service."

The L.A. County Sheriff's Department said the hikers made the right choice by deciding to stay overnight and not try hiking in the dark.

"They got a little too far out, and it got dark and the area down there is pretty treacherous. And you can't really negotiate that terrain at night, so they just stayed put," Sgt. Tul Wright of the Los Angeles County Sheriff's Department told KABC.

Once nighttime set in, the couple climbed up the side of a mountain where, using his military training, Hassel built a small hut made out of sticks where they slept.

Hall and Hassel's friends called the police around midnight after the couple did not return home

from their hike.

"I was only nervous because we had my roommate's dog and didn't want her to worry," Hall said. "My boyfriend and I both knew we were going to be fine but we knew our friends would freak out and we had no way to tell them we were OK. I felt safe when Fredrik made us a shelter."

Hall and Hassel had a few scrapes and cuts, but did not sustain any serious injuries.

With the nighttime temperatures dropping, the couple used grass and the dog to keep them warm.

As Hall and Hassel were climbing down the mountain the next morning, the ground crew found them as well as the four other hikers.

All six hikers were safely airlifted out of the canyon.

"We didn't feel that we needed to be rescued but we are happy that we have people who care enough to worry about us," Hall said.

Backbone Trail System

CLU students Brooke Hall and Fredrik Hassel headed out for an afternoon hike on the Backbone Trail last Monday.



In Brooke's Words

"I feel horrible that there were a lot of people who were worried about us all night, but we were fine and we actually had an enjoyable time."

However, there are a few things I learned from this experience.

I learned to always bring a sweater in case it gets cold, have a service provider other than AT&T so you can tell your

friends not to overreact and have a boyfriend with military experience who knows how to quickly build a shelter.

Of course those things aren't really needed if you pay attention to what time the sun goes down and plan your hike accordingly, but where's the fun in that?"

—Brooke Hall

Residents moved to campus house

[WEATHER, From Page 1] hard rain, there still is a reoccurring problem in the room, which makes it impractical for students to be living there.

There has been given no clear indication to why this one room on the whole of CLU campus keeps having leaks during raining.

Michael Zavala, Resident Assistant in South, was on duty when he was called to check on the room.

"The foundation seemed to have been damaged. Beneath the carpet there are cracks, which don't hold the concrete properly together," Zavala said. "But it is not safe to say what exactly caused the leak."

As the room continues to flood it has become apparent to those involved in the matter that the problem that caused the original leak is not the same problem that continues to cause water to seep up through the floor.

Facilities will continue to search

for a solution to the problem.

"There are cracks in the concrete, but they aren't necessarily what caused the last flooding. There is no main structural problem or concern to why the room keeps getting flooded," said Mark Jacobsen, director of Facilities Management.

But as for how the water keeps finding its way in, there is no clear answer.

"We still don't know the exact cause of the flooding in this suite of South Hall," said Bill Rosser, dean of students.

"That is being assessed now as we don't want to assign any students to that space until we are sure we have the problem solved and are confident that future residents won't experience these problems." As of now, all the girls can do is wait for the problem to be found.

In the meantime, the girls are trying to patiently wait for an answer to the relocation stress.

"I guess we'll have to wait till next time it rains to see if there

Executive Cabinet elections held

Reanna Woodhouse
Staff Writer

ASCLUG Executive Cabinet elections resulted in Ryan Strand as Programs Board director, Daniel Pell as Senate director and a runoff election between Jesse Knutson and Evan Clark for president.

Presidential candidate Clark received 45.5 percent of the vote; Knutson received 24.4 percent of the vote and Cassidy Hallagin received 27.1 percent of the vote.

Hallagin was a write-in candidate after being disqualified.

In order to win any position a candidate must have attained at least 50 percent of the votes.

A runoff election was held Monday for the office of president. Clark was named president however, the paperwork has already been filed for a potential recall of the election.

ASCLUG is broken up into three sections; Executive Cabinet, Senate and Programs board. Executive Cabinet is comprised of three elected members: the ASCLUG president, Senate director and Programs Board director.

Senate oversees all club funding, allocates money for different school projects and passes resolutions voicing student concerns.



Pell



Strand

Programs Board director duties include running weekly meetings, overseeing the passing of legislation, keeping track of programming needs and overseeing the \$86,100 budget.

The ASCLUG president is a voting member of the Board of Regents, a member of student government's Executive Cabinet, an advisory member of the Alumni Board and is responsible for appointing students to various university committees.

"The thing I like most about ASCLUG is that all the people involved are all passionate about their school and their fellow students. They do all of this work for the students out of their own time, with little recognition. They are there for the students," Knutson said.

Knutson has been a member of all three branches of student government. Last year he was Programs Board director.

Clark has been involved in ASCLUG for the past three years,

and for the past two years he has served as a committee chair for Programs Board and has planned various events.

"I decided to run for president because I want to totally change our student government structure, Web site and interaction with students," Clark said.

"I want to create a place for student feedback, create better ways to contact your student government representatives and finally push for more transparency."

Clark believes that only once these changes are made, then student government will best be able to represent the student interests.

Ryan Strand has served on the executive cabinet as Programs director this year.

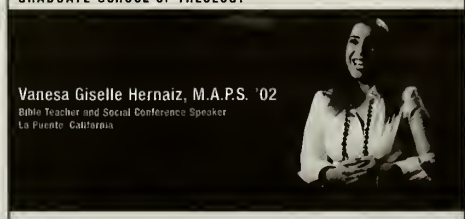
"My goal is to gain the knowledge of what students want to see happen with the programming here on campus so that we can have constant attendance at every event," Strand said.

Senate and Programs board meetings occur every Monday night and are open to any student on campus.



For more information visit www.callutheran.edu/student_life/asclu/

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LESSON LEARNED: What God has destined to be will come to pass, regardless of your circumstances and limitations.

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Senate passes OneCard resolution

[ONECARD, From Page 1] system, is in the possibility of one losing it.

"[One] down side is that if the card is lost or misplaced, then one could be in a bit of trouble," Velasco said.

While the resolution passed in the Senate, it still remains to be seen whether or not campus au-

thorities will seek to implement it soon.

The resolution submitted by Senate "may simply move the OneCard system from its current place on the priority to a higher place, or it may move it to a top priority," Lorenston said.

However, some students feel

that if the Board of Regents chooses to move forward and adopt the resolution, their decision would be the right one for students.

"[Approval from the Regents] would be a step in the right direction for continuing our campus's commitment to excellence for students," White said.

CALENDAR

Wednesday February 24 <ul style="list-style-type: none"> • Spring Blood Drive '10 11 a.m. Memorial Parkway • The Need: Karaoke 10 p.m. SUB 	Thursday February 25 <ul style="list-style-type: none"> • Senior Salute Day 9 a.m. SUB • Spring Blood Drive '10 3 p.m. Memorial Parkway 	Friday February 26 <ul style="list-style-type: none"> • Chinese New Year 6:30 p.m. Lundring Events
Saturday February 27 <ul style="list-style-type: none"> • The 14th Annual Leadership Institute 9:30 a.m. Ronald Reagan Presidential Library 	Sunday February 28 <ul style="list-style-type: none"> • CLU Conservatory Cellists 1 p.m. Samuelson Chapel 	Monday March 1 <ul style="list-style-type: none"> • ASCLUG Senate Meeting 5:20 p.m. Nygreen 1 • ASCLUG Programs Board Meeting 7:15 p.m. Nygreen 1
Tuesday March 2 <p><i>"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade." ~Charles Dickens</i></p>	Next Week: March 3 - March 9 <ul style="list-style-type: none"> • Paintings by Paz Winshtein • The Need: Corey Chambers • The Party of the Year: An Operetta Review • Reel Justice Film Series: "View From a Grain of Sand" <p>Do you have an event to submit to the Echo? E-mail date, time, location and contact information to echo@callutheran.edu</p>	




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FEATURES

On the ground in Haiti: student films relief efforts

Courtney Minton
Staff Writer

A split second decision; that is all it took for senior business major Nick Magaurn to make the decision to pack his bags and head to Haiti.

On Thursday, Jan. 14, Magaurn's father gave him the chance to go to Haiti, and by Sunday he was on a plane to Port-au-Prince.

"My dad presented me with the opportunity to go and I jumped on it. Saying no wasn't really an option in my mind," he said.

The shock and enormity of what he was about to encounter when he landed in the devastated country didn't hit him until he was aboard one of the many planes he



Nick Magaurn

traveled on to get into the country.

"I guess it's a good thing I told my dad I loved him," he said, "because this could be it," he thought.

Magaurn traveled to Port-au-Prince with his father's video production company to film for Medical Teams International as they assisted the ill and wounded in Haiti.

His primary job while he was there was to do video work and capture still photos for MTI's fundraising for Haiti.

As soon as the plane touched down, the first thing Magaurn did

was pick up the camera and start shooting.

"It's so overwhelming to be there that it took me until that night to even process the whole thing. Everywhere you look there are people in the rubble," Magaurn said.

Magaurn and the film crew were right in the center of it all.

"The first day [in Haiti], there were a couple times that I struggled and had to hide behind the camera. After the initial shock of it all, I was there experiencing it through the lens and in person," Magaurn said.

Staying in a guest house, which was not too damaged by the earthquake, but still shook with the 6.1 aftershock, they dealt with no running water and intermittent tech-

nology and electricity.

The majority of the day was spent at the hospitals filming and capturing

"The first day [in Haiti], there were couple times that I struggled and had to hide behind the camera."

Nick Magaurn
Senior

photos until sundown. The doctors had to do amputations and fittings for prosthetics, yet they lacked X-ray machines and film.

Magaurn's advice to those who want to help in any way is to send money. "They need food, water and medical supplies, but to get it down there they need money. Supplies are sitting at the airport,

but they can't figure out how to get it out to the people without the money to support the delivery," Magaurn said.

Magaurn and the rest of the camera crew boarded the last flight out of Haiti on a private jet and arrived back in Oregon on Friday, Jan. 22, to a very awkward hero's welcome.

"You kind of lose your sense of purpose when you come back. I'd like to go back and continue to support the people of Haiti. They need so much more help than they'll ever get," he said.

"I just did what anyone else would do. It changed me, and it's not something I planned on doing. It's easy when you just act on impulse."

Dynamic duo



Photo by Nicole Chang - Staff Photographer

Comeback: Dr. Elmer Ramsey conducts the choir in the chapel.

CLU's current and past maestros, Morton and Ramsey, band together

Nessa Nguyen
Staff Writer

Over the years, the California Lutheran University Choir has committed to performing the finest in choral literature and consolidated its reputation throughout the Western states.

This success is not only attributable to many generations of gifted students, but also to the conductors who have spent decades guiding them, among whom are Dr. Elmer Ramsey and Dr. Wyant Morton.

Ramsey, a university professor with 40 years of experience, is a multitasking musician in the true sense.

He started playing trumpet

professionally at the age of 14 and had his own '40s-style Big Band on the radio at 17.

The North Dakota native attended the University of Portland and began his conducting career at the age of 21, while still singing in a choir.

Ramsey has dabbled with his musical gift in composing, arranging and conducting a variety of genres, including classical, jazz, musical theater and motion picture.

Coming to CLU (then known as California Lutheran College) in 1965, Maestro Ramsey became a valuable addition to the music department, directing both the choir and orchestra.

"In choral conducting, you have to shape the words as well as the music, basically telling a story with the words," he said. "For instrumental conducting, you've got more to deal with because it involves more complex elements and a larger group of people."

In 1972, he founded the Sher-

[CONTINUES on Page 6]



Photo by Nicole Chang - Staff Photographer

Tradition Rings: "The Sounds brings colorful and pleasant-sounding tradition to CLU that dates back 50 years.

Sounds of CLC celebrates 50 years

Brad Hendrickson
Staff Writer

With a tradition as old as the school itself, for CLU's 50th anniversary, some of the oldest graduates reunited on Saturday, Feb. 13, to bring back "The Sounds," a traveling student orchestra.

"The Sounds" began back when CLU wasn't a university, but instead was known as Cal Lutheran College.

With friends, family, graduates and current students in attendance, "The Sounds" of CLC concert was a tribute to the campus's 50 years of dedication to education, religious tradition and most important, its existence as a university.

Under the guidance of Elmer Ramsey, who was the evening's conductor, the concert was put together with a professional touch of class.

Daniel Geeting was one of the evening's special solo guests playing the clarinet.

"Elmer is the 'original' professional conductor in the Conejo Valley and has enormous respect as a musician and as a person from all those that work with him. This, most certainly, includes me," Geeting said.

"The Sounds" of CLC concert was full of songs of all types from old classics, to religious melodies and even dramatic tones.

The current student and alumni orchestra was a great addition of sound to the voices of "The Sounds."

It sounded like the singers hadn't missed a beat since the first time they had sang together when "The Sounds" was created.

Every song was on point and it was apparent that much dedication, practice and talent was put into every moment of this performance.

With many solo special guests joining "The Sounds", it was a full orchestra filled with every type of instrument.

Geeting, playing the clarinet, is a big part of CLU's current music

program, which is always finding ways of growing and expanding. "We'll be dedicating Geeting Hall in the near future. This rehearsal space is a great addition to our facilities and something that was needed," Geeting said.

"This semester we will see visits from world famous musicologist Dr. J Peter Burkholder as well as famed composer Libby Larson."

These visits contribute to the music program's efforts to expand and keep its sounds fresh and exciting.

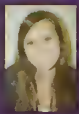
What is in store for the future of "The Sounds of CLC" and CLU's current music program?

"We are currently involved in a search for a director of bands, so our department will be expanding in the fall of 2010," Geeting said.

"The Sounds" of CLC concert encompassed all emotions of CLU's 50th anniversary, and with the continued hard work and dedication, CLU's 100th anniversary will be just as beautifully celebrated.

CAMPUS QUOTES: What did your last text message say?

Lauren Chiappetti



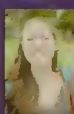
"Well hello wittle one!"

Darren Iacono



"You. Are. Not. The. Hulk!!!"

Chloe Golembesky



"Ruff!Ruff!"

Casy McWhirk



"I hope you drove. I mean, it's misting!"

If you have an idea for a Campus Quotes question, e-mail it to the Echo at echo@callutheran.edu

Tribute to Morton and Ramsey

[CONTINUED from Page 5]
wood Singers and the Conejo Pops Orchestra, a choral group and symphony consisting of CLU alumni that has performed at the July 4 concert for the last 37 years.

Coincidentally, Ramsey retired from teaching at CLU the same year that Morton joined the staff as a choir director.

Like his predecessor, it was natural for Morton to choose this career path because of his involvement in music since his younger years.

However, it was his undergraduate major in business that enables Morton to fulfill his duty as the chair of the Music Department.

"Now I spend 75 percent of my time doing administrative work and 25 percent conducting and teaching. I wish they were reversed," he said.

An energetic and hard-working instructor, Morton expects the same from his students.

"I value students' commitment

to being their best. I want them to give 100 percent even on the days they don't feel like doing so," he said.

Yet, this choral conductor is by no means uptight.

He embraces liveliness and a keen sense of humor when interacting with students.

"He sometimes dances around to convey a lighter, more fun tone. He'll get his angry, intense face on when we're singing some

crazy German piece about fire and brimstone," said Katey Wade, senior music major and president of the CLU choir.

Morton considers himself "one of those lucky people who wake up and go to work to do the thing they love." So does Ramsey.

As a family-oriented person,

Ramsey shares that two of the proudest achievements in his life include marrying his high school sweetheart, wife of 58 years Elaine, and raising their five children while teaching at CLU.

"I have the best of all worlds. I live across the street from where I work and remain close to my family," he said.

Ramsey received his honorary doctorate from CLU last year due to his outstanding contribution to the university and the field of music.

Although retired, he is still busy working on projects. The most recent of which is the "Sounds of CLC: The Early Years" concert that took place in the Samuelson Chapel on Feb. 13.

At the same time, Morton, lovingly nicknamed "dMo" by his students, is channeling his talent and passion into running the Arété, a professional vocal ensemble that he recently established, and preparing the CLU choir for its Italy tour in the summer.

Student studies in Mali



Photo courtesy Brittany Rahm

Family Portrait: Rahm is all smiles with her homestay family in Mali.

Haley deVinney
Staff Writer

When most students think of a study abroad experience they envision beautiful countrysides, historical buildings and exciting city life.

Junior Brittany Rahm, a psychology major, knew she wasn't looking for the usual study abroad experience. She picked Mali, a country in Africa that is, according to the Human Development Indices, one of the poorest nations in the world.

"It was one of those blind, just jump in situations. You know, you don't really know how it's going to be but you have faith it's going to work out," Rahm said.

Rahm, from day one, was immersed in everything Malian. In fact, one highlight of the trip was the homestays. The students were matched up with families living in Bamako, the capital of Mali.

For about two and a half months they lived with the families, eating the same food, experienc-

ing the culture and learning what it was like being a citizen of Mali.

"It's where I learned what I could handle," Rahm said, talking about the responsibilities she was given on the trip. The students who choose to go on this trip are essentially living on their own.

On a typical day, Rahm would wake up with the sun and get to school by 8 a.m. She had classes till noon, but the classes weren't normal classes. Instead the student attended seminars and went out on field studies.

After lunch she and her classmates would go on what they called "out-of-school activities." These would include things such as visiting a non-governmental organization or NGO and visiting hospitals.

As Rahm describes it, the activities were more "hands on." Her learning experiences weren't limited to seminars and field studies though. Rahm also spent the last month of her trip gathering research for her independent

[CONTINUED on Page 7]

THE FASHION PLATE: A HEALTHY SERVING EACH WEEK

The wonderful world of Alice



Red Alert

Last Thursday evening, I attended the Haiti benefit concert. I was thrilled to see that not only do we have

Heather Taylor wonderfully talented, generous individuals surrounding us each day on campus; much of those in attendance wore red to support Haiti. I strongly encourage anyone who has any red articles of clothing in their closet to wear them. Your support will make all the difference.

Now Entering Wonderland

You know the drill. Use careful footing when around rabbit holes. Tea party attendance is mandatory to be sure to avoid being late. Don't paint the roses red...or else it's off with your head.

Only in the world of Alice in Wonderland could all of this be possible.

In March, with director Tim Burton's fantastical re-imagination of Lewis Carroll's classic, we will get to see Wonderland in a very different style than ever before.

Until then, the fashion world is at work creating clothing that grows all the more curious and curious.

I had initially braced myself for the inevitable periwinkle shades to arrive by the droves to stores everywhere.

Nothing against such a lovely hue, but Zoëy Deschanel did treat us to reintroducing our wardrobes to it, though not nearly for (500) Days.

Alice is depicted in this adaptation as 19 years old, and as such the designs of dresses that have arrived are slightly edgier and more mature.

Designer Sue Wong has created a line of gowns and party dresses inspired by the women in the film, with The Red Queen's strapless and bejeweled and Alice's edged with lace.

Sold in Bloomingdale's, this collection ranges in price from \$400 to nearly \$700 for each piece, so a more affordable rabbit hole to fall down would be Kimchi Blue's chiffon dress set at Urban Outfitters. This flirty number mixes it up with shades of concord (plum), charcoal and cloak blue, the Alice signature.

Maybe Alice didn't carry any accessories in the Disney film, but that hasn't prevented the world from creating trinkets she'd be sure to don with pride.

And I do mean the world, as designer Stella McCartney and

an assortment of Etsy shops have charm bracelets and necklaces arriving for purchase.

Stella's bracelets feature cruelty-free white rabbits, top hats and symbols from decks of cards. Etsy store Lobe has necklaces adorned with tiny "Drink Me" vials and roses.

Finally, say these two words with me: Nicholas Kirkwood.

I cannot even begin to describe the magnificent wonder of the Alice in Wonderland inspired shoes he has crafted.

It's like a garden for your foot with red roses and leaves and perfectly tea party worthy with dangling teapots.

Oh, I'm no good at describing these heels. Go ask Alice.

Farewell

Briefly, I'll mention once more the recent tragic loss of Alexander McQueen on Feb. 11.

His designs were beyond anything we could have possibly imagined with their avant-garde futuristic styling, a world in which we anticipated each new runway show of his and were never disappointed.

I deeply admired his creativity and passion for couture and know I am not alone when I say he will be deeply missed.

the Echo
2009-2010

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HE SAID, SHE SAID: A LITTLE OF HIM, A LITTLE OF HER

Paintballing: a strategic sport or dangerous warfare?



HE SAID

Antoine Adams

When I was younger I always wanted to go paintballing but never had the time nor the friends to go out and do it. Therefore, when the opportunity came up, I decided not to let it pass me by. The idea of paintballing sounded easy and I went into it thinking it was going to be piece of cake. I thought it would be just like shooting Nerf guns at the park with a few friends. When Allie and I pulled up to the California Paintball Park, I knew all my thoughts and ideas of this sport were completely wrong.

I came out of there thanking God that I was hit with just paintballs and not bullets. There was no way I would survive in an actual war, due to the fact: 1) I never hit anybody or anything but a gas tank in the target practice section. 2) I had no idea what I was doing and it showed every time. 3) I was constantly being yelled at by a 40-year-old man because I wasn't hiding in the right place and he was right unfortunately.

Paintballer's expertise range from one end of the spectrum to

the other. You have the private players who look like it's their job to play paintball and know they are the best with their state-of-the-art guns. Then you have the average players who don't have their own gun, but play every week. Then, finally, you have Allie and me who don't even know how to hold the gun correctly.

You look up and see there are 15 people looking at you 50 yards away ready to shoot you on the start of the whistle. I never lasted long as my inexperience showed; as every new round started I always got hit in less than 60 seconds, leaving me to watch.

But I learned more by watching like how to hold the gun, aim, fire, reload, surrender and the main thing I learned by watching Allie is to always keep your head down and your mouth closed.

After that I was solo going into war, with 14 strangers trying to set up a strategy on how to win. I really didn't think it was going to be serious, it felt like I was playing football and were drawing up plans to win.

In the end of the games I came out of it with a few paintballs to the chest and the leg, and zero bruises.

Paintballing is definitely a fun, out-of-the-ordinary thing to do when you've done everything else. I would suggest it to anybody and everybody to try at least once in

his or her lifetime.

Overall, I came out of the experience better acclimated with the environment and with a better understanding of how paintballing works. For future trips paintballing, I will definitely be better prepared for war and I will invite a small group of friends so that I'm not left to talk to myself once I get hit.

The cost including the entry fee, mask, guns, and paintballs was \$45. However, watching Allie get hit in the mouth in the first round of war was priceless!



Alexandra Butler

You might remember the scene in the movie "Ten Things I Hate About You" when the main character Kat Stratford, played by Julia Stiles, is paintballing with bad boy Patrick Verona, played by the late Heath Ledger. They are laughing in the sun and then she falls in the hay and they whip off their masks and kiss. Well, for my Valentines Day weekend, that's how I pictured my paintball experience. Movies have a really good way of making activities

look more romantic than they really are. I'd love to point out that the last thing about paintballing is romance. If you are thinking about going paintballing, I would suggest not to. OK, seriously, I would go with friends, lots of friends, who love you a lot.

Every once in awhile people get the chance to reach outside their own element. Paintballing is definitely something that will take every person into an alternate reality. The closest place to the CLU campus is CAL Paintball Park in Castaic, Calif. The park is set back away from the highway in a desolate area. The war ground is old beat up sheds painted black and gray. The ground is sand and dirt. The bathrooms are portable potities. It's a rough and tough area. It is very intimidating how much it resembles a war battlefield because of the camouflage, men in boots, guns and sweat. I am not going to lie, my first thought was, "Oh no way José, I'm not going!"

The problem is that there is no sympathy for new players. They are just victims and easy kills to the game. I have never held a gun in my life, and within 15 minutes I was in the middle of a war ground with people trying to shoot me. Well, they did... in the mouth. I cried, and stopped playing for the whole day. I honestly think my pink sweatshirt, make-up and new sneakers gave me away.

Paintballing is the real deal. People use this "mock battlefield" as a hobby. Men were comparing guns, and each battleground had its own skill level. The most ironic visual was the picnic areas where families were taking a lunch break from the game.

It just seems like such a violent family sport. It surprised me at how many rules and strategies people had to just shoot each other. There was even a ref managing each battle ground making sure people played fair. It's as if paintballers have their own code and culture.

From this experience I came up with my own rules:

Rule No. 1: Don't wear a pink sweatshirt surrounded by sweaty, armed, paintball professionals in the middle of the mountains.

Rule No. 2: If you stay in one place for too long, you will get hit in the mouth and spit paint.

Rule No. 3: Be Tough.

The best part about paintballing is getting away from it all for the day. My one regret is not putting myself back out on the field. But, if you plan on going you need to be mentally prepared. It's really about just putting yourself out there and hoping for the best.

To submit a story idea, send an e-mail to echo@callutheran.edu, ATTN: features

CLU makes final switch to Blackboard

Jorge Martinez
Staff Writer

Blackboard will become CLU's only course management system

starting Fall 2010.

This system will completely take the place of Web CT and ERes at the end of the summer.

The Field Work Coordinator for

the Clinical Faculty, Lisa Buono, has been very involved with Blackboard.

"Blackboard has tremendous capabilities" she said. Blackboard is the new version of Web CT and ERes, which she said are very outdated.

The sophistication level of Blackboard allows users to sync with Facebook, iPhone/iTouch and even Bing.

The idea is to make course management as simple as possible. This feature of connecting two systems is available while logged into Facebook. The Blackboard member may receive updates on new information on the Facebook Web site.

The Associate Provost for Information Services, Julius Bianchi, thinks that Blackboard will be beneficial to every student and faculty member in the long-run.

"The change from Web CT and ERes to Blackboard has been a gradual change, but it's time to learn something new that is more effective," he said. "All of the new Blackboard updates are very useful, but there are more features to be added in the future to facilitate the experience further."

Blackboard has been introduced gradually into different courses, and experimented with by 62 faculty members.

At the end of the experimental courses there was a course evaluation that asked students what they

thought about the new system.

Eight hundred students were surveyed and 85 percent of the responses were positive, while 90 percent of the students declared that Blackboard was easy to use.

The feature currently under construction is the site's layout, however, Blackboard is said to be a step above the university's current course management system.

Yet, there have been some users that have struggled with this new system.

Some features still seem a bit confusing for new users, which is making the switch a bit slow and challenging.

"Sometimes it is very difficult to find certain information that doesn't have a specific folder," said Aubrie Smith, junior at CLU.

Aubrie was enrolled in a course that used Blackboard.

"The system has great potential, but definitely still needs some work," she said.

Faculty members have been encouraged to attend training sessions in which the uses of Blackboard are thoroughly explained. However, there are many professors that still use Web CT and ERes instead of blackboard.

Not everyone is eager to invest the time and effort needed to learn Blackboard.

The truth is that very soon everyone at CLU will have to take the time to learn Blackboard.

Third-world study in Mali

[CONTINUED from page 6] study project.

While much of her time was spent studying just like she would at Cal Lutheran, life was very different in Mali.

"The African way of life is just a lot more laid back. It's not about time. And it's not about the clock. It was a more casual way of doing things," Rahm said.

During her free time, Brittany would go listen to the Reggae music in the town and would

It was one of those blind, just jump in situations."

Brittany Rahm Junior

Rahm feels she has been given a broader view of the world she lives in. She arrived back in her hometown in Colorado last December.

After living in a society with so little she felt uncomfortable with the consumerism of Christmas.

"You were so thrown into everything you couldn't really think about how overwhelming it was. After a month or two months is finally when you start really processing it," Rahm said. "And I'm still processing things that happened there. I don't think that's ever going to change."

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OPINION

Recent events show need for election reform

Unless you have been living under a rock for the past couple weeks, you have noticed the plethora of posters circling campus and Facebook event invites promoting candidates for the ASCLUG Executive Cabinet elections.

Some of you could care less who gets elected to lead the student body for the next school year. However, many students do care about the elections and feel passionate that their voices are heard.

At the Echo, we too are passionate about fair elections. As the official student newspaper of California Lutheran University, we are obligated to report the facts as we know them to be true.

Some key decisions of this year's election have been made behind closed doors and we think the student body deserves to know more information.

A typical campaign week at CLU begins around 5 p.m. on the day the election packets are distributed to the candidates; this year's candidates met Feb. 9. They are then given time to campaign around campus through use of Facebook, mass messages, door-to-door meetings, personal events and this publication.

The election packet contains a detailed list of rules candidates must agree to adhere to during the campaign process, all with the understanding if they choose to break these rules, they will be in jeopardy of disqualification as an official candidate.

We as a publication do not advocate or support the breaking of any of these rules.

However, we have come to learn that two presidential candidates chose to ignore these instructions — with two different outcomes.

Candidate Jesse Knutson contacted the editor-in-chief the weekend prior to the first official campaign meeting about running a Letter to the Editor in the Feb. 10 edition. Once granted permission, the candidate submitted a letter detailing his qualifications and plans to the Echo's opinion editor on Sunday, Feb. 7.

The letter was then read by the entire Echo editing staff of roughly a dozen people on Monday, Feb. 8, the day the

publication is assembled for printing. For many editorial staff members, all of which are members of the voting student body, this was the first piece of information we had seen about the election.

The paper was then delivered to the newspaper office on campus on Tuesday, Feb. 9, at noon — five hours before campaigning was to begin. Since all members of our editing staff are full-time students, the paper can sit outside of our office for hours at a time before it is brought inside, leaving it vulnerable for early pickup by a student.

By using the Echo this way, Knutson had campaign material on campus, in a way that was accessible to voting members of the student body before campaigning was supposed to begin.

The Election Committee became aware of this violation on Wednesday, Feb. 10, when the paper was distributed to the rest of the student body. However, since the publication wasn't officially distributed until campaigning had begun, it was deemed OK by the committee.

As a publication, as soon as we became aware of this violation, we felt taken advantage of by the candidate because he used his knowledge of the Echo publication dates from being an Echo staff member to his benefit.

A second candidate — Cassidy Hallagin — also violated campaign rules and was disqualified by the Election Committee. Once this candidate announced his running intentions, a peer wrote on his Facebook event page, denouncing another candidate. For this action committed by his peer, the candidate received a warning.

Later that week, he hung a poster on the window in the Centrum. Taping a poster in that location is a violation of Student Life policy and he was disqualified from the election.

Hallagin then decided to continue campaigning as a write-in for the presidency. After he was disqualified, it was discovered by the Election Committee that he had sent out a mass e-mail using a list serve of addresses to peer advisers. The Election Committee decided that this made him "completely disqualified," yet he was still allowed to

campaign as a write-in candidate.

This strikes us as completely unfair. Why was this write-in candidate allowed to campaign, thinking he had the potential to win, when he would be ruled completely disqualified? And why was Knutson allowed another chance as a runoff candidate when he fell astray from the rules just as Hallagin did?

Evan Clark, a third candidate, has run a campaign free of violations. He would go on to win the majority of the votes, although not enough to avoid a runoff.

We believe all three of the original candidates should have still been allowed to stay in the race.

Hallagin, the write-in candidate, received roughly 25 percent of the vote — the second highest percentage received in the election. However, because he was deemed to be "completely disqualified," he was not allowed to be in Monday's runoff election despite being the second favorite candidate of the student body.

In fact, recall paperwork has already been approved for the runoff election that was completed Monday with Clark coming out as president.

The vote for the recall will be taking place after our production date. If two-thirds of the student body vote "yes" to approve the recall, then the elections will begin fresh for a second time, open to any interested student.

The Echo editorial staff believes campus elections have become too complex. They are more a competition to see who can best abide by the strict rules than a mechanism to select the candidate who the student body believes actually has the best qualifications and ideas for the school's future.

Unfortunately, with this year's election, current runoff and upcoming recall, it seems there is no way that next year's ASCLUG president will be elected fairly as everyone is already feeling so many biases toward all three candidates.

By the time the recall of the runoff happens, few members of the student body will still care enough to vote in the first place and this is an extremely depressing thought when you consider nothing less than our school's future is at stake.

Eastern philosophy of relaxation can better health



Erica Larson

Still, making time for meditation or relaxing is challenging. Oftentimes, relaxation breaks feel counterproductive because we spend the time worried about how we will tackle our to-do list when relaxation time is over.

The mind is a powerful entity capable of creating and transforming. However, asking it to be calm and clear does not mean it will listen.

In the Buddhist tradition, mindfulness or *sati* is a crucial concept.

Mindfulness involves developing a full consciousness about you and within you. In other words, being completely aware and immersed in the present moment and the present location.

Relaxation can be attained in a specific posture, or simply going about your day. It does not require anything but your intention to achieve it. Notice it is not your desire to achieve, but your intention — your choice.

From a Buddhist perspective, to desire is to suffer.

Centuries after Buddha passed away, his teachings were widely interpreted and taught, depending upon the individual who interpreted them.

Many different schools of thought came into existence at this time, but uniting them was a tenet inherent

to all Buddhist philosophy: life is suffering, or *dukkha*.

For suffering to stop, we must cease to want more happiness and less pain, and instead focus on nonresistance and acceptance. It is wiser to relinquish control over everything and then watch as the road-blocking towers that once stood before everything come falling down with the weight of the world.

When you do decide to attempt to

relax in the five minutes after your alarm goes off and you stumble out of bed, do not seek to change your thoughts, but simply monitor.

After removing these thoughts cluttering your mind, you would still be you — but fully capable and functioning, and even more powerful and creative without all of the distracting thoughts from days and persons past.

Once re-charged with a little

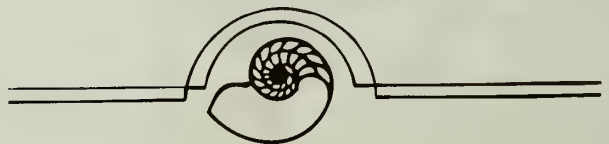
tranquility, it is easier to go about your day and accomplish all of the other 25,000 things on your list.

Additionally, your overall health will be impacted positively, with a reduced heart rate, a slight drop in blood pressure, increased blood flow through the body and to the brain and the ability to attain a better sleep.

All of which can make your morning meeting with the alarm clock a bit more pleasant.

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The alarm goes off.

It's 8:30 a.m. and you have 30 minutes to get dressed. You must shake off last night and jump headfirst into the day before class begins at 9 a.m.

If you got at least five hours of sleep after working at your job and battling through homework, the morning may not be so rough.

Nevertheless, there is a laborious pace to our lifestyle's rhythm: "go, go, go!"

Living with the mind-set of all action and no time left for reflection, it is very easy to let the idea of serenity take a backseat to the idea of accomplishing things on a never-ending list labeled "to do."

As college kids, we want to do it all: get good grades and have a fulfilling social life. We want to join clubs, attend meetings and have time to run errands and work to support ourselves.

And frankly, we want to hurry up and get all of it done so we can move onto life as post-grads.

The benefits of leading a relaxing life are widespread and well-known.

Letters to the Editor

The following letter to the editor was written in response to the Feb. 10 article, "ASCLUG's spending is off target."

Dear Editor:

I would like to address some factual errors printed in Gabby Gomez's article.

First, the Senate does not have \$150,000 budget.

Senate gets approximately \$47,508.

In addition, CLU Programs Board has their budget on about \$90,000 and they are responsible for planning Club Lu events, Homecoming and spring formal dances, if they choose.

Clubs and organizations get approximately \$122,292 for funding, which is a separate budget than that of Senate.

Senate reviews and approves clubs and organizations requests for funds at the annual spring retreat.

However, the money used for clubs and organizations comes from the club's and organization's budget, not Senate's.

Since these budget numbers are in direct correlation to the number of students enrolled at CLU, this can change once the census numbers are received.

As a reminder, all of our meetings are open to the public. The scheduled dates are posted online.

Gomez stated how long it took for bar stools in Trinity to be approved and purchased.

The bar stools did not take two months for approval. They were brought up in a meeting for initial discussion earlier in the semester, but the project was not formally brought to the table for a vote until much later.

There is a set process for approving projects funded by Senate, including an initial discussion, the drafting of a bill, placement on the Senate agenda and a final vote.

The Senate always tries its best to ask students what they want, and I remind senators almost every meeting to ask their friends and other students what they want to see happen at the

school.

Since the senators were elected by students, they should listen to their input.

In the past, we have conducted polls but don't always get the best participation.

This semester, we introduced Survey Monkey on Facebook as a new means of gathering information.

I encourage CLU senators to search campus to see what needs to be done, as well as ask other offices and clubs what they would like to see. I also do this myself.

Gomez wrote about wanting more cardio equipment and spin bikes for the fitness center.

Personally, I would love to see these things, too; however, what we would like is not always possible.

If she had talked with Clark Cripps about this as one of my senators did, Gomez would have found out that there's no room for more equipment.

The gym is full as is. If she knows of a way to create more room for the, perfect! If not, well, we can't do much there.

As Gomez said, we can't read your mind; let us know what you want. Senate's meetings are Monday nights at 5:20 p.m. in Nygreen 1. Programs Board meetings are Monday nights at 7:15 p.m. in the SUB. As I said before, they are open meetings, so come on over and make your voices heard.

Beth Peters Berry
Senate Director

Dear Editor:

ASCLUG would like to formally apologize to all attendees of the Club Lu event, The Dating Game.

Any actions that may have offended students were not the intent of Student Government whatsoever.

Club Lu is to be a safe and welcoming environment for all students every week.

If anyone was upset by any comments made, please feel free

to contact ASCLUG Programs Board director Ryan Strand at ascluprogdir@clunet.edu.

We hope this won't change your decision to attend future events and we look forward to creating better and innovative programming on the Cal Lutheran campus.

Ryan Strand
ASCLUG Programs Board
Director

Dear Editor:

Graduating students may purchase their graduation stoles through the CLU Multicultural and International Programs Office office or on Senior Salute Day in the SUB.

Every U.S. college or university has its own special traditions when it comes to graduation ceremonies and the regalia that students wear.

Doctoral gowns are unique to each institution, but master's gowns, with their colorful hoods are consistent throughout the country.

CLU also offers international students the opportunity to purchase silk stoles that are reflective of their country's flag.

At CLU, we honor the traditions of the past. Our graduates wear the traditional black cap and gowns inspired by medieval times.

Undergraduates get a hood that is highlighted by the purple and gold colors of the university.

Our masters' graduates wear the bell shaped sleeve from Tudor-era England.

Their hoods indicate their specialties — the brown for MBA students, the gold for education, and so on.

Our doctoral graduates have a gown that is specifically designed to reflect their special degree.

At CLU, our multicultural and international students reflect their cultures with the stoles that they wear.

Linda Catanzaro Boberg
Assistant Director, Multicultural
& International Programs

HOW TO RESPOND:

Mail
Letters to the Editor
the Echo

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Thousand Oaks, CA 91360

Phone
(805) 493-3465

E-mail
echo@callutheran.edu
(preferred)

Please limit responses to
250-300 words.

Letters to the editor must include your name, year/position and major/department.

Toyota loses trust



Jennifer
Nechiporenko

With the recent Toyota recalls, it seems the question on everyone's mind is: "has Toyota lost its credibility?"

The easiest way to answer this question would be to ask yourself, "If I needed to buy a new car, would I feel safe buying a Toyota?" My answer would be "no," which is the same as eight out of the 10 people I asked.

The saddest part of this downward spiral of Toyota is that it could have been avoided with a few good PR moves.

The popular company first recalled vehicles for floor mat malfunctions, then recalled most models for sticking accelerator pedals and then did not comment about it for weeks.

What needs to be recalled next is the PR team. They have made the matter worse by not commenting to the media, which made it seem as if they were trying to cover something up.

It is widely known that the American people are quick to forgive when a problem is acknowledged and apologized for, which is something that this car giant did not accomplish.

The commercial Toyota ran during the Super Bowl focused on the long standing dependability that the American people have associated Toyota with for many years. However, the commercial still failed to sincerely apologize for the three weeks of silence and their trying to spin the issue as "floor mat entrapment."

Akio Toyoda, president of Toyota Motor Co. announced that experts not connected to Toyota will evaluate the vehicles to make sure they are safe before they reintroduce the models back into the market. The results from these evaluations and Toyota's comments about the findings will be viewable to the public.

This is a good idea in theory; however, it is too little too late after they were idle about admitting the problem for weeks.

They are in fact fixing the issues now, but only since the government has lit a fire under them to make the necessary recalls and fix the vehicles. This leads me to question what would be happening if the federal government had not gotten involved.

One problem that Toyota has yet to address is the 4Runner, which has been declared one of the safe models not needed to be recalled.

There have been several news stories about the 4Runner in the past couple of weeks that claim it is having the same issues as the recalled vehicles, however Toyota has yet to acknowledge it.

Even with the bad PR moves and slow start to fix the problems, I think Toyota will be back on top in a matter of years.

Audi had a similar problem back in 1980s and they are now one of today's top car companies.

This, too, can happen for Toyota if they let the public in on everything they are doing instead of hiding information and being secretive.

The facts are that Toyota has been a highly dependable car company over the last few decades and there are many consumers who are pulling for them to get their act together and start producing top-notch cars once again.

Swiping into dorm safety



Hallie
Walsh

semester 2009.

Residence Life appeared to take my concerns seriously and worked with CPS to "fix the problem." Yet to this day, I can still card into my room.

Despite our steep auxiliary costs to live at Cal Lutheran and the warning by CPS to keep doors locked and possessions kept safe, we cannot seem to afford or take the time to ensure safety in the residence halls.

While this isn't an issue in all residence halls, using any hard piece of plastic to open doors successfully works in both New and Old West complexes.

With the inability to bolt-lock doors from the outside, loose door seals and window screens that can be removed from the outside, anyone on campus with a brain capacity greater than ketchup and a need for a pocket full of cash could successfully take anything from a vacant residence hall room and get away scot-free.

I wrote this article not to scare, but to inspire preventative measures by campus officials on behalf of all CLU residents.

Editorial Matter: the Echo staff welcomes comments on its articles as well as on the newspaper itself. However, the staff acknowledges that opinions presented do not necessarily represent the views of our editing staff, ASCLUG or that of California Lutheran University. the Echo reserves the right to edit all stories, editorials, letters to the editor and other submission for space restrictions, accuracy and style. All submissions become property of the Echo.

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SPORTS

Regals sweep Caltech, get rained out vs. Pomona

CLU forced to postpone match for the 3rd time

Sasha Voinovich
Staff Writer

The Regals of California Lutheran University came away with a 9-0 win against California Institute of Technology last Friday, Feb. 19, at the new Poulsen Tennis Center.

Freshman Carly Mouzes, junior Lacey Gormley and sophomore Melanie Anderson each picked up wins for the Regals at No. 4, 5 and 6 spots on Friday.

Playing at the No. 3 position, Lauren Toohey, a CLU freshman, defeated Alison Parisian (CIT) 6-3, 6-2. CLU sophomore Holly Beaman won 6-1, 6-1, over Caltech's Seorim Song.

"My match went really well today," Beaman said. "I just made sure I was on the attack. I have been practicing on trying to be on the offensive and dictating the point."

Beaman has been playing at the No. 2 position behind her teammate and best friend, Jordan Leckness.

Leckness, also a sophomore, delivered another win at the No. 1 spot for the Regals.

"I was very happy with the way I played because I made sure to stay on the offensive rather than playing down to my opponent's level," she said.

Leckness defeated Stephanie Kwan of Caltech 6-1, 6-1.

The Regals are training under new head coach Vanessa McPadden, this year.

"Vanessa is such a good instructor and motivator. She has really brought the team to a new level," Beaman said.

McPadden, a University of Arizona alumna, wants her team to be known as fighters.

"The girls performed great. They were focused and concentrated," McPadden said.

The Regals came away with three wins, in all three of the doubles matches. Gormley and freshman Melissa Dahl came away with an 8-4 win in No. 3 doubles. Beaman and Mouzes earned an 8-2 victory in the No. 2 spot, while the team of Leckness and Toohey played at the No. 1 spot picking up an 8-3 win for the Regals.

"I made an effort to take charge at

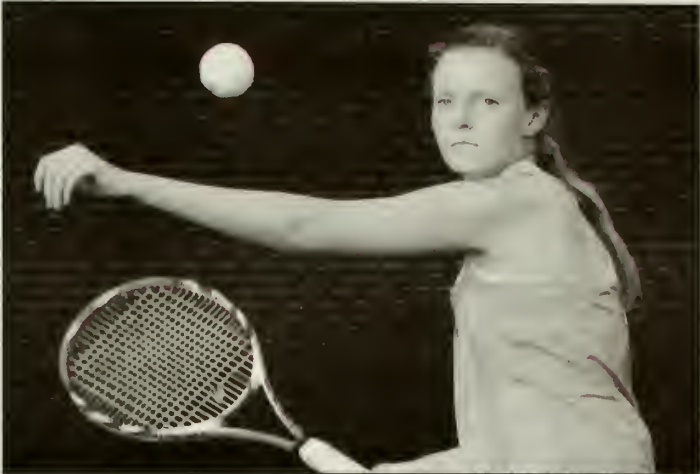


Photo by Kevin Baxter - Sports Information

Completing the Sweep: Freshman Lauren Toohey won both of her matches against Caltech last Friday.

the net and pounce anything that came my way," Leckness said.

McPadden stressed that the team's goals for the season are to play to the best of their ability every time they step foot onto the court and win every single match.

"Our goal (for the season) is to win every single match that we play," she said. "Equally important is the fact that the players learn how to play at a level that optimizes their talent and reflects the hard work that they have put into practice."

The Regals were scheduled to host Pomona-Pitzer Feb. 20; however, the contest was postponed until April 9 because of a rain out. The Regals will meet up with University of Redlands at 9:30 a.m. Saturday, Feb. 27.

Undefeated rugby squad looks to keep streak alive

Knights want to be recognized as a top program

Josh Larson
Staff Writer

The Cal Lutheran Knights Rugby club team has quietly gone the last few seasons without much recognition for their accomplishments.

The Knights are coming off of an undefeated season last year, and they are looking to remain successful this season.

This year the Knights are led by captain Josh Aquinde, who has high expectations for the club.

"Our goal this season remains the same as last year, to win Division 3 and gain promotion to Division 2 of the Southern California Rugby Football Union," said Aquinde.

Aquinde, named Man of the Match in the win last week against Westmont, hopes Knights Rugby will be regarded as a high-caliber program one day.

"Ultimately we want to build our program to such a status as Cal Berkeley's. We're a hardworking team on and off the pitch. This, along with our young squad leaves our opportunities endless," he said.

Knights Rugby is one of the

longest standing clubs in Cal Lutheran history, dating back to 1970.

The Knights have posted winning records since 2006, and went 7-0 in the 2009 regular season to continue that run.

Thus far, the squad has two wins, no losses and one draw. The Knights remain unbeaten in their last 10 matches dating back to last season. Their two wins this season have come against Westmont College and Azusa Pacific University.

The Knights dominated Westmont 22-0 and came out on top in a close 10-7 match against Azusa Pacific. The draw came against Whittier College with a 10-10 final score.

After tasting the success of an undefeated season, the team is eager to keep the streak intact.

"We went undefeated last year so we are trying to replicate that success once more," sophomore Eric Broadfoot said.

The rugby program here at Cal Lutheran is a growing attraction. Each game there is a larger audience present at Mt. Clef Stadium.

This might have had a large effect on the Knights' success on the pitch but may be a product of the sport's growing popularity in the community.






The Knights hit the road to take on Point Loma this Saturday Feb. 27 as they compete for their third victory of the season.



Photo courtesy of Erik Sparry

Maintaining Possession: The CLU Knights Rugby team wins the ball in a scrum.

CAL LU SPORTS CALENDAR

	Wed. 24	Thur. 25	Fri. 26	Sat. 27	Sun. 28	Mon. 1	Tues. 2
 BASEBALL			at Redlands 2:30 pm	Redlands 11am			
 WATERPOLO			Cal Lu' Famia Spring Classic 1:30 pm				
 TENNIS				Redlands 9:30 am La Sierra 7 pm			
 TENNIS				at Redlands 9:30 am			
 SOFTBALL				at La Verne 12 pm			

Shade denotes home game

New club sport bumping and spiking this spring

Men's volleyball hits CLU as its newest club sport

Christine Nguyen
Staff Writer

Gaining victories in volleyball has been known to CLU for quite some time, especially for the Regals, in the past few years. This year CLU has introduced a new men's club volleyball team, Knights Volleyball.

The thought of creating a men's volleyball team has been up in the air for years, but it took a group of determined students to make it official.

Seniors Graeme Bill and Matt Lee thought it would be great to have a men's volleyball club team since there has not been a men's collegiate team.

Bill was the one who took the initiatives to get the club started with the help of the women's volleyball coach Kellee Roesel.

Bill and Roesel worked with AS-CLUG Senate by getting the club approved and finally got the club up and running by summer.

The club team started practicing in October but the practices got more intense as the season was coming close.

"We've been practicing since October but our recent practices

have focused on specific parts of the game, there's a lot more competition in practice and the level of play has improved," senior Matt Kufeld said.

Without an official coach, the club team has defaulted to coach themselves. With Bill, freshman Hunter Horn and women's volleyball assistant coach Kevin Judd lead the team during practices.

"I think having an 'official coach' would help especially in our games. But that is not to say that what we have is bad in any way," Kufeld said.

Coaches Roesel and Judd help coach the team as much as they can.

The Knights play in a league called the Southern California Club Volleyball League (SCCVL).

This league is not a SCIAAC related league, although there are two SCIAAC schools in SCCVL.

"What I like most about the club team is that I'm able to play a high level of competitive volleyball again, but at the same time I also get to do all of this with some of my best friends from school," Bill said.

The team started out with just Bill and Lee, but soon afterward they decided to recruit some players from their intramural volleyball teams.

With the help of Roesel, they also found some incoming freshmen who were interested in play-

ing.

The club team is funded by the school's Clubs and Organizations fund. They use that money to pay for referee and league fees, but had to purchase their uniforms with their own money.

Their first game was against Claremont College. The team was without middle blocker Mike Cleveland, so with that gap in the defense the Knights opened the season with a loss.

With the team new and up and running, they are set to go in a good direction toward victory. Bill has experience being a club coach for Spectrum Volleyball in Moorpark and the team has high hopes.

"It's our first season together and we have a lot of great talent on the team," Lee said.

"More than half of us played club or on teams during High School."

As the team consists mostly of seniors, there are some questions as to what next year will bring for the club team.

"With mostly seniors, I understand that there will be a very new team next year but Horn is a standout freshman on the team, and with Roesel and Judd still helping the program, it will continue to improve," Bill said.

After graduation, Bill hopes to return to help the program grow and be a successful team.



Photo by Nicole Chang - Staff Photographer

Flying High: Matt Lee spikes the ball against Cal State Channel Islands.

Knight's Lacrosse

Cal Lutheran opens their season in Sin City

Andrew Adams
Staff Writer

The California Lutheran University men's club lacrosse team will take the field this season looking to develop team chemistry in a team including nine freshman, most of whom are playing lacrosse for the first time.

The Knights hoped to start the season off on a high note during their weekend trip to Las Vegas to play the University of Nevada, Las Vegas and San Jose State, two elite programs in men's lacrosse.

"The key to this season will be playing together, meshing together and playing as a team," senior Lane Dagher said. "We have a really young team and will play better and better as the season goes on."

The men ended up splitting their games in the desert, losing to UNLV and beating San Jose State.

Following a season in which the Knights finished in second place, expectations are high to sustain last season's success.

They hope to make the playoffs this year, as they were unable to compete in postseason last year because they played without a head coach.

With that disappointment still fresh in their minds, the Knights

will surely be striving to punch their postseason ticket this season.

The season is sure to be an interesting one as the team has only seven upperclassmen.

This season will surely start a run of success as the underclassmen hope to lay the foundation for years to come. The Knights will rely on leadership from seniors Dagher and Kai Borson-Paine to reach their goal of making some noise in postseason.

"This year is going to be very exciting as we will be playing new teams such as Colorado School of Mines, Loyola Marymount University, Occidental and Pepperdine," Borson-Paine said. "We are excited to take advantage of the opportunities these games present."

For the first time in school history, the lacrosse club will be receiving funding from California Lutheran University, allowing them to purchase equipment and jerseys.

The funding also allows for the scheduling of top-flight schools such as Colorado School of Mines.

The addition of a head coach this season will also aid the Knights in their postseason quest, as Noah Flores will be calling the shots.

Flores hopes to provide leadership and guidance for his team and is excited for the upcoming season.

"The lacrosse team is run by the passion of its athletes," Flores said.

The Knights host Loyola Marymount University on March 6.



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(NEXT TO RITE-AID)

Baseball team takes two of three against Occidental

Darkness delays series,
but Kingsmen return
for strong finish

Andrew Parrone
Staff Writer

After having their five-game winning streak against Occidental College snapped, the Cal Lutheran baseball team rallied to win the next two in the opening weekend of conference play.

CLU opened SCLAC play with a home loss to the Tigers, falling 7-5 on Friday evening. They avenged the defeat with a pair of victories on the road, winning 6-4 and 9-5.

The Kingsmen recently returned from a trip to the Arizona Desert Classic in Anthem, Ariz. Facing four Northwest Conference opponents, CLU went 2-2, defeating George Fox and Whitman while falling to Pacific Lutheran and Linfield.

Winning the second game of the Saturday doubleheader proved to be much more complicated than usual. With the Kingsmen leading 8-4 in the bottom of the seventh inning and needing just three outs for a complete game, umpires postponed the completion of the game due to darkness. The team returned to Occidental on Sunday to complete the last three innings.

"It's tough because we had to

go back on the road and drive all the way back down there the next morning," head coach Marty Slimak said. "The guys were a little frustrated about that. I think they were angry and said if we're going to come all the way back here let's put the hammer down and get this victory."

Junior Rich Michelin agreed with Slimak's assessment.

"It was extremely frustrating to go back because we wanted to finish the game Saturday regardless of enough light or not," Michelin said.

"But I think it was a good thing having to go back. We were so frustrated that it lit a fire under our team that hopefully we can

carry with us for the rest of the season."

Occidental jumped out to the early lead in the first game, scoring four early runs before CLU responded with runs in the third from juniors Seth Dolar and Travis Dadigian. The Tigers added three more runs in the fifth, but the Kingsmen countered with three of their own, with junior K.C. Judge driving in a pair of runs and senior Chris Hertz adding an RBI as well.

Senior Josh Larson pitched four-plus innings in relief and did not allow a run, but the final Kingsmen rally was snuffed out in the ninth on a double play.

"When you're playing ahead it's a lot easier than trying to come from behind," Slimak said. "It's a different mind-set. You're just in control more."

This certainly appeared to be the case in the pair of Saturday games, as the Kingsmen jumped out to early leads and never trailed in either contest. Senior Jordan Ott and Hertz each homered in the first game.

In the second contest, senior Paul Hartmann homered, Ott drove in three more runs and freshman Elon Goldman hit his first career home run to highlight CLU's offensive output.

Senior Robbie Selden started on the mound the first game on Saturday and delivered another solid performance, allowing three runs in over six innings of work. Junior Ian Durham took the hill for his first start of the season and pitched six quality innings, allowing only two earned runs and four runs total. It is especially impressive considering Durham had been working as the team's closer this season.

"Chase Tigert is our No. 3 guy and he's hurt right now, so we

needed another guy to step up," Slimak said. "We took Ian out of the closing role and threw him into the starter position and he did a great job for six innings."

Temper ran high throughout the weekend, with several controversial plays contributing to the animosity between the two teams. In one instance, Occidental head coach Jason Hawkins charged onto the field after a close play at second on Friday. Occidental also appeared to stall the game on Saturday evening, forcing the postponement of the game. This only elevated both teams' emotions and motivation to come out on top.

"Anytime you get two extremely competitive teams on the same field in a close game, bad blood is easy to find," Michelin said. "They were trying to get under our skin, and it backfired on them because our team was so determined to finish what we started that no one was going to stop us."

Next up is the University of Redlands, who handed CLU one of only four SCLAC losses last year. Each loss makes earning a post-season bid that much more difficult, so it is important to avoid letdowns, especially in conference play. The Kingsmen seem prepared for the challenge of staying focused in their upcoming games.

"I think we need a great week of practice to get ready for Redlands," Dadigian said. "And for this weekend we need to stay focused on the task at hand and take the series one game at a time."

SCLAC play continues this weekend against Redlands. The Kingsmen travel to face the Bulldogs on Friday and return home to Sparky Anderson Field for a home doubleheader on Saturday starting at 11 a.m.



Photo by Maxx Buchanan - Staff Photographer

Shutout City: Senior Josh Larson allowed four hits and zero runs scored in 6.1 innings of work against Oxy.

Regals land third seed in SCLAC tournament

CLU will take on
Redlands in
semi-final round

Amanda Lovett
Staff Writer

Regals Basketball lost the season conference title for SCLAC, on Feb. 18, against Redlands and ended up in third place after Saturday night's game against Whittier.

The girls suffered an upsetting loss against Redlands Thursday night, with a final score of 69-40, which cost them the chance at sharing the Conference title.

"I would say we had an off night Thursday," said Danika Briggs, sophomore guard.

"It's just one of those games we have to put behind us and look forward to the work we have to get done in order to succeed in the upcoming games."

The team scored only 13 half points and no three pointers, making this game against Redlands the biggest defeat since

2006.

However, despite the loss, the team celebrated the effort captain Kelsey Paopao has put into the team.

"Thursday was senior night for Kelsey Paopao," Briggs said. "She has been injured most of the season, so she didn't play but she has been with us through everything this year."

The Regals trailed the Bulldogs, whose offense of nine strong put the Bulldogs ahead to 35-13 at halftime.

The leading scorer for CLU was Starla Wright with 9 points, who has better hopes after the Saturday game.

"[On Saturday], we came out stronger and tougher, not lackadaisical," said Wright.

"We didn't come in with a very tough mentality for Thursday's game but we picked it up [for the game against Whittier]."

Regals finished up the regular season with a win against Whittier, 69-64, which puts them in the running for second place if they win the upcoming SCLAC tournament semifinal game against Red-

lands this upcoming Thursday, Feb. 25.

"I think we will be very much more prepared because we definitely want to win SCLAC," Wright said.

"We need to have the intensity that we needed Thursday. We did beat Redlands on their home floor, so we are more confident. We'll come out strong because we know we need to get this win," she said.

Wright is definitely not the only Regal who has faith this team can beat the competition at the conference.

"I am extremely confident in us. I feel that we can compete with anyone in the country. We just need to focus on playing our game, executing, and playing tough," captain Meaghan Goodenough said.

As for the season as a whole, Regals can look back and remember nothing but success.

"It was a very good season this year; there were so many young players, we can relate to each other because we're all going through the same stuff," Wright said.



Photo by Kevin Baxter - Sports Information

Glass Cleaner: Brianna Parker led the Regals with 7.8 rebounds per game.

"It really formed a strong bond that we can take with us next year."

Goodenough commented on the team's success and the biggest impacts on the season as a whole, which helped to build the bond for a great season overall.

"I think the most important mo-

ment [this season] was probably beating George Fox because they were undefeated coming in and they were the defending national champions," Goodenough said.

"It just showed our team how much potential we have and the extent of what we can accomplish."



Survey studies students' health habits
Page 2



Behind the scenes: Gardening Club
Page 5



Water polo goes 3-3 over weekend
Page 10

March 10, 2010 Vol. 55 Number 5

the Echo

New stadium a long awaited dream for CLU football

Henrik Gjertsen
Staff Writer
and
Alyssa Harris
Staff Writer

Kingsmen football has called Mt. Clef Stadium home for the past 47 years, but with a new 3,000-seat stadium in the waiting, that time will soon come to an end.

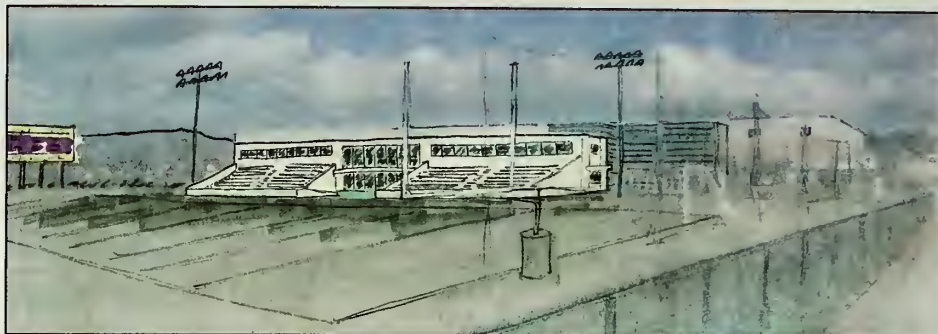
The plans for a new football stadium have been in the making for several years.

On Feb. 22, the Board of Regents gave approval to move forward with the construction of a new football field after receiving a \$5 million gift from Westlake Village resident William Rolland.

William Rolland Stadium is expected to cost \$8 million, and with only \$5 million raised, the university is working to raise the remaining \$3 million.

"We are seeking additional gifts from friends of California Lutheran University who are excited about the project. Already, several people have come forward to add their contributions to Mr. Rolland's generous gift," university President Chris Kimball said.

According to Stephen Wheatly, vice president of University



Advancement, an additional \$20,000 has been contributed to the stadium from two donors.

"We have several contingency plans, though we are confident that the money will be in when we need it. Not all of it will be needed until the end of the construction," Kimball said. "The plan is to have the construction done in a year and a half. We are confident that the additional funds will be received by then."

Replacing Mt. Clef Stadium

Mt. Clef Stadium, while serving as home to Kingsmen football, has become part of the campus culture, a symbol of tradition and a place where students, faculty



and community members come together.

With tradition comes progress, and CLU recognized the need to upgrade the facilities for the football program.

"I think the big effect that the

stadium will have on CLU is that it is another state of the art building and one of the best in D3 [football]," coach Ben McEnroe said. "When CLU builds something, they do it right. It just shows our commitment to do the

Above image courtesy of Creative Media
Photo (left) by Nicole Chang - Staff Photographer

Better Days to Come: (top) An artist rendering of William Rolland stadium, will replace Mt. Clef Stadium. (left) A banner on West Field marks the future home of Kingsmen Football.

best in everything we do."

In the fall of 2011, William Rolland Stadium will become the new home to Kingsmen football. The stadium will not only house a football field but also it will

[See STADIUM, Page 3]

Powerful quake shakes Chile

Jenny Guy
Staff Writer

Chile was rocked by the force of an 8.8-magnitude earthquake on Feb. 27, killing over 750 people and generating a tsunami that threatened nations surrounding the Pacific Ocean.

The Chilean earthquake displaced approximately 1.5 million people and destroyed entire communities, according to CNN.com.

After witnessing the devastation caused by the Haiti earthquake only six weeks before, the world was left wondering if seismic activity was on the rise.

Dr. William Bilodeau, professor of geology at California Lutheran University, answers this question by simply saying, "No," adding that seismic activity is occurring at a normal rate and that the timing of Haiti and Chile earth-

6.0 Earthquake Shakes Turkey

A strong, early morning earthquake knocked down stone and mud-brick houses in Eastern Turkey on Monday.

The 6.0-magnitude quake hit at 4:32 a.m. (6 p.m. PST Sunday) near the village of Basyurt in a remote, sparsely populated area of Elazig province. The region is 340 miles east of Ankara, the capital.

The damage appeared worst in the village of Okcular, where at

quakes are nothing more than a coincidence.

"There are earthquakes of high magnitudes happening all the time all over the world, but many of them are out in the ocean or in places where people don't live. The only reason these two particular earthquakes were in the news is because they unfor-

least 15 of the village's 900 residents were killed, the Elazig governor's office said.

The government initially put the death toll at 57 but later lowered it to 51 with no explanation. In addition to the deaths, 34 people were being treated for injuries, Turkey's crisis center said.

Unfortunately, happened in heavily populated areas," Bilodeau said, explaining how tragedies tend to link earthquakes together in peoples' minds.

Dr. Kate Hutton, seismologist at the California Institute for Technology, explains that the Chilean earthquake was located on

[See EARTHQUAKE, Page 3]

Putting an end to hunger

Hanna Halldorsdottir
Staff Writer

"Help stop hunger." That was the simple slogan of the 32nd annual Conejo Valley CROP Hunger Walk, held at CLU on Sunday, March 7.

Communities Responding to Overcome Poverty (CROP) Hunger Walks are locally organized walks that help support Church World Services (CWS), a cooperative ministry of 35 Protestant, Orthodox and Anglican denominations, which according to their Web site, provides sustainable self-help and development, disaster relief and refugee assistance in over 80 countries.

Walkers collect donations from others, and they can also donate money themselves. There is no minimum donation needed in order to participate. Donors who would rather have their money go

to other approved hunger-fighting agencies can designate their gifts to those organizations.

In celebration of its 50th anniversary, California Lutheran University donated \$5 for each of the first 125 CLU walkers. This quota was quickly filled, and CLU's community had many members, including university President Chris Kimball, participating in the event.

"The walk raises funds for humanitarian purpose worldwide, so we help with hunger, we help with devastation and with the depletion of crops worldwide," said Sherrill Hyink, who has been overseeing the organization of the Conejo Valley CROP walk for about 12 years. She also added that 25 percent of all funds raised remain within the community benefiting five local charities.

Denise Burrows, who has [See WALK, Page 3]

NEWS

Health survey sobers students; surprising drinking habits found

Jackie Rodriguez
Staff Writer

Within the past 30 days, have you engaged in alcohol or drug use? Over the past month have you been sexually active?

Questions like these were included in the National College Health Assessment survey, which over 700 California Lutheran University students participated in last October.

"The National College Health Assessment gathers data about 11 health habits among college students, both examining their behaviors and their perceptions of the behaviors of their fellow students," said Sally Lorentston, assistant director of Student Life.

The data from the survey was compared to national averages, which concluded that the percentage of CLU students who abstain from alcohol consumption is lower than that of the national average. The blood alcohol content (BAC) from the last drinking session was higher.

According to the survey, 39.9 percent of participants reported having a BAC of over .08 the last

time they drank, while the national average reported 37.8 percent of students having a BAC over .08.

"I am concerned about the fact that our 'high risk' drinking behaviors of binge drinking and elevated blood alcohol content are the same as the national data, or above national numbers," Lorentston said.

The results of the BAC averages surprise some students due to the makeup of CLU.

"It is kind of surprising that it's a little above the national average since CLU is a dry campus," said junior Vanessa Lara, who participated in the survey.

Another aspect that the study measured was the use of drugs in the past 30 days.

While over 73 percent of participants stated that they had never used drugs, over 11 percent of students admitted to having used drugs in the past month.

However, alcohol and drugs were not the only measured aspects of the survey, which is partly why CLU chose to use it.

"Although there are a variety

of nationally-used survey instruments we could have used, we appreciated that this survey allowed us to explore multiple health habits, instead of just focusing on alcohol and drugs," Lorentston said.

Other health topics that were studied included mental health, eating disorders, prescription drug usage and sexual activity.

While the survey asked personal questions, it did not bother some students.

"[The survey] was anonymous so I felt comfortable answering [the questions]," Lara said.

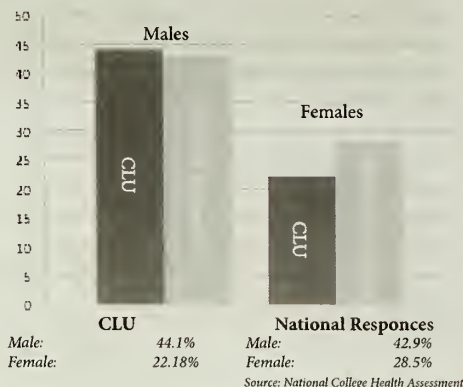
Other students feel that the results of the survey, itself, can be of used by all students.

The survey is a good measuring tool that determines and assesses mental health issues so that others can be aware of it.

"[The study] is not done in an effort to invade someone's privacy, but rather to just be cautious and aware of those around you," junior Mari Escamilla said.

In order to attract more students to participate in the survey, making the data more reflective of CLU, an incentive was added

Students who identify as "binge drinkers"



to anyone who took the survey.

As a part of the NCAA Choices Grant CLU received, students were offered a \$10 gift card to the bookstore if they completed the survey.

The incentive helped to bring the amount of student involvement higher than other administrations that had a 15-20 percent

respond rate.

"We had a 39 percent response rate with incentives, so I definitely think it helps," Lorentston said.

For anyone who did not take the survey this year, the National College Health Assessment survey will be given again next semester as well as in fall 2011.

WHAT ARE YOU DOING AFTER GRADUATION?

- ☐ Looking for a job?
- ☐ Traveling?
- ☐ Moving back home?

☒ **Going to graduate school at CLU!!**

Join CLU's Graduate Admission Office for lunch and look into the graduate programs that CLU has to offer.

Applications now being accepted for summer and fall 2010

Who: All undergraduate students

Date: Tuesday, March 16, 2010 • **Time:** 11:30-1:00

Where: Tent next to the Centrum

Pizza and drinks will be served

Programs offered:

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- Counseling and Guidance • Psychology- Masters and Doctoral • Business Administration • Information Systems and Technology
- Computer Science • Public Policy and Administration • Economics

Emergency team prepared for disaster

Gannon Smith
Staff Writer

On campus, if a fire starts, the ground shakes or a shooter opens fire, the Emergency Operation Plan will go into effect.

The plan, revised by the Emergency Operating Committee on a quarterly basis and drilled once a year, is compiled into binders that are placed in every office on campus.

The severity of the emergency will determine how much of the plan goes into effect.

"The plan is not a step by step procedure, but more of a guide to responding and taking care of any emergency," said Craig Lightfoot, assistant director of Campus Public Safety.

The EOP spans every department at California Lutheran University and has a general outline on how emergency supplies should be used.

According to Campus Public Safety, the EOP is designed so that CLU can be self-sufficient during an emergency.

Campus Public Safety would lead the response. They would be the first to survey the campus and notify all students and staff of the emergency through the Everbridge program.

The Everbridge program sends out phone calls, e-mails and text messages to all people registered to the program.

"We have about 90-95 percent of all students and faculty registered on the program," Lightfoot said.

Next, Campus Public Safety would work with Mark Jacobsen, the director of Facilities Management and former member of Loyola Marymount University's disaster preparedness group, and the roughly 50 facilities personnel to help evacuate all buildings, survey damage and determine what buildings are inhabitable.

"Facilities has the most manpower and the most equipment to use when an emergency occurs," Jacobsen said.

At the same time, health services would be procuring medical supplies to set up a triage station in the area of most need.

Medical supplies are located in every building on campus, so if they were unable to enter the health services building, they could still find supplies.

"At the triage station, we would assess medical injuries and determine who needs to be transported to receive more medical attention," said Kerri Lauchner, director of Health Services. "We will also be in contact with Los Robles Hospital via ham radios, to coordinate our efforts."

If housing buildings are identified as uninhabitable, students will be transported to other cooperating school campuses, where they will receive shelter. Students would then receive food

from the conference and events department, prepared by Sodexo.

"Sodexo always keeps a certain level of food on hand and has contracts with local vendors in order to bring in more food," Lightfoot said.

After the immediate emergency response, the EOP goes on to discuss a follow up plan for housing safety, a guide to rebuild the school and ways to continue students' education during the aftermath of the emergency.

The only time that the EOP would have trouble in response to an emergency is if the emergency occurs during off hours when all CLU personnel would be off work and off campus. Personnel would have to find a way to get back to CLU in order to help in the emergency response.

Jacobsen is confident that all staff would arrive as soon as they are notified though.

"The level of commitment here is unique and comforting," Jacobsen said. "All of our employees care about the protection of our students."

CLU's EOP covers most predictable aspects of an emergency, but still leaves room in its procedures in order to handle every individual situation.

"No plan is perfect," Lauchner said, "but the Emergency Operating committee has done a good job of practicing and preparing for an emergency."

Walk helps those in need

[WALK, from Page 1]

participated in CROP Hunger Walks since 2001, says that the walk appeals to her because CWS, the organization that benefits from most of the donations, has a worldwide outreach, as well as a low overhead costs.

"It's got one of the lowest overheads; it runs a very lean organization," Burrows said.

According to Burrows, CWS does not just donate food, but rather helps people become sustainable.

"We don't give them money, we don't give food, we teach people," Burrows said. "We give seeds, teach people how to grow their seeds, how to harvest, how to market, so we are making people self-sufficient."

Many local churches, schools and other organizations had groups participating in the walk.

Beverly Mersing volunteered on behalf of Holy Trinity Lutheran Church. Mersing estimated that

the church had at least 60 walkers and 10 people volunteering to help with registration.

"It is a great cause," Mersing said. "I've been supporting it for years."

With a choice of three different routes, the event welcomed walkers of all ages and abilities.

Some, like Norm Lueck opted for the 20-minute campus stroll. Lueck, who got involved in the walk through his church, Holy Trinity Lutheran Church, walked along with fellow residents from the University Village Retirement Community.

Other routes available to walkers were the 4.5 or 6.2 mile routes around the nearby community. Torkil Hammer decided to test his stamina on the 6.2 mile or 10 K route and use it as a part of his training for the Los Angeles Marathon.

"I walked as fast as I could, and I made it in just under 80 minutes, and that is a promising start," Hammer said of his results.

Lu Ball gets new home

[STADIUM, from Page 1]

include an art gallery, clock tower, offices, press boxes and home and visitor locker rooms.

"The stadium will disable other programs from pointing at Mt. Clef and using it as a negative [during] recruiting. Football is important at CLU, and [the stadium] will help to emphasize that," defensive coordinator Scott Beatie said.

and according to McEnroe, a new stadium will provide CLU football with a larger regional community.

"From a personal perspective, it represents that the program goes forward and makes the local football market more competitive, especially in attracting more high school athletes to CLU," McEnroe said.

For players, the building of a new stadium is a new commitment to returning CLU football to the national stage.

"I love the idea of the new stadium. I'm really excited for it. In previous years, we wouldn't have been able to host a playoff game because of our facilities, and now it will bring a whole new level of respect to the football program," junior safety Samuel Lyche said. "It's a step in the right direction of getting back to the days of coach Shoup."

It is not just the athletic offices at CLU that will gain something with William Rolland Stadium, but the whole CLU community.

"Having the stadium given by a member of the community without prior deep ties to the university is yet another indication of the extent to which people in the region see CLU as a community asset with whom they want to be affiliated," Kimball said.

Quake prompts tsunami warnings

[EARTHQUAKE, from Page 1]

the boundary between the Nazca plate and the South American plate.

This area is incredibly active because the relative speed of these two plates is high, moving about three inches a year, Hutton said. She adds that in California, this movement is measured at approximately two inches per year.

"The Earth's plates move at a relatively steady rate, but along the boundaries they are usually locked by friction," Hutton said. "So instead of sliding, they form areas of high tension, causing a break in the plate. This break leads to the sudden motion of a lot of rock, which creates a vibration that people feel as an earthquake."

According to Hutton, the larger the section of breaking fault the more powerful the earthquake, causing what we see in places like Chile and Haiti.

In comparing the 8.8-magnitude quake in Chile, to the 7.0-magnitude earthquake that struck Haiti, one might think that more destruction would occur in the region of the higher magnitude earthquake, but this was simply not the case. Due to the location of the earthquake and a vast disparity in wealth between the two countries, the effects were far worse in Haiti than in Chile.

"The Haiti situation was a per-

How to Help

Here is a list of reputable charities accepting donations for earthquake victims in Chile and Haiti.

American Red Cross
www.redcross.org/

Save the Children
www.savethechildren.org

Doctors Without Borders
www.doctorswithoutborders.org

Unicef
www.unicefusa.org

fect storm of bad: large quake, located under a populated area, no building codes and no infrastructure to appropriately respond. Although, the Chilean quake was larger, it was centered offshore, so less population was exposed directly to the insurmountable shaking it caused," Hutton said.

Bilodeau explains that the further away the neighboring population is to the epicenter, the region on the Earth's surface directly above the central point of the quake, the less of an effect the quake has on that population. He also adds that the fact that the Chilean earthquake happened within an oceanic plate created a significant tsunami threat.

"The way tsunamis are created, the sea floor is moving either down or up, making a depression in the surface of the ocean, which then creates a wave," Bilodeau said. "This happens in subduction zones, like the one near Chile. Usually some of the largest earthquakes in the world occur

along this type of boundary."

But, in the wake of the Chilean earthquake and tsunami warnings issued for the Pacific region including Hawaii, many people including freshman Lesley Smith, were left to wonder about family and friends at home.

"My family was forced to evacuate their home and move to higher ground," Smith said, who was born and raised in Hawaii on the island of Maui. "I was terrified for my family. It was really hard. I was here, wanting to help them, but all I could do is wait and pray to God for the best."

Although there was no major damage caused by this tsunami, according to the Pacific Tsunami Warning Center, as many as 50,000 people were evacuated in Hawaii.

Even though experts contend that nothing out of the realm of normal seismic activity has occurred, the Haiti and Chile earthquakes have had a devastating impact on the world.

Ever wondered **how** your student fees are spent...
or **who** counts your **VOTES** in ASCLU elections?

Get the answers to these questions and so many more at:

The ASCLU-G Open Forum

Monday, March 15, 2010

6:30PM in Overton Hall

Show up for the opportunity to get information, share your opinion, and most importantly keep your student representatives accountable.

A free pizza dinner will be served!!!

For more info contact ASCLU President RaShel Tate at ratate@clulsa.edu

ASCLU

CALENDAR

<div>Wednesday</div> <div>March 10</div> <div><ul style="list-style-type: none">• University Chapel 10:10 a.m. Chapel• Common Ground: Rebecca Martin 9:11 p.m. Chapel• The Need: Thenaybrhood 10 p.m. SUB</div>	<div>Thursday</div> <div>March 11</div> <div><ul style="list-style-type: none">• Books and Brew 4 p.m. Roth Nelson Room• Lord of Life Game Night 5 p.m. Kingsmen Park</div>	<div>Friday</div> <div>March 12</div> <div><ul style="list-style-type: none">• Mr. Kingsmen 9 p.m. Preus-Brandt Forum</div>
<div>Saturday</div> <div>March 13</div> <div><ul style="list-style-type: none">• Paintings by Paz Winshtein Kwan Fong Gallery</div>	<div>Sunday</div> <div>March 14</div> <div><ul style="list-style-type: none">• Symphonic Passion 2 p.m. Chapel• Lord of Life Worship: Hymns Only Worship 6:15 p.m. Chapel</div>	<div>Monday</div> <div>March 15</div> <div><p><i>In the spring, I have counted 136 different kinds of weather inside of 24 hours.</i></p><p><i>~ Mark Twain</i></p></div>
<div>Tuesday</div> <div>March 16</div> <div><ul style="list-style-type: none">• My Neighbor's Faith 5:30 p.m. Chapel• Vagina Monologues 8 p.m. Lundring Events Center• Bible Study 9 p.m. Chapel</div>	<div>Next Week: March 17 - March 23</div> <div><ul style="list-style-type: none">• The Need: Taradactyls• Commuter Connection Lunch• Corporate Leaders Breakfast• Safe Spring Break - Sex Signals• West African Music and Dance Concert• Film "Praying In Her Own Voice"</div> <div>Do you have an event to submit to <i>the Echo</i>? E-mail date, time, location and contact information to echo@callutheran.edu</div>	



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Within every one of us is the power to heal. It's called marrow, and thousands of patients could potentially be saved by a marrow transplant.

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FEATURES

Winshtein paintings tell colorful stories

Lauren Puopolo
Staff Writer

"Playful, disquieting and quirky" is how CLU professor of art history Christine Sellin described Paz Winshtein's artwork on March 6 when his work was officially displayed.

According to Winshtein, his artistic journey started at 12 years old.

"It became an obsession just to learn how to paint and how to draw and how to do perspective and all these things, so it became a challenge for me to learn each thing," he said. Winshtein added that each painting took a different amount of time. "Some took a year while others I finished within a day."

Winshtein's ability to capture the emotions of his painted figures can be considered comedic, haunting and graceful.

The talk of the event wasn't how he drew his figures, but rather his use of color. Winshtein's art work has a consistent and intense use of color and detailed expressions.

Winshtein describes his artwork as "a lot of different styles: figurative, surrealist, expressionistic and symbolic. It's about telling a story and an idea." He claims he is most

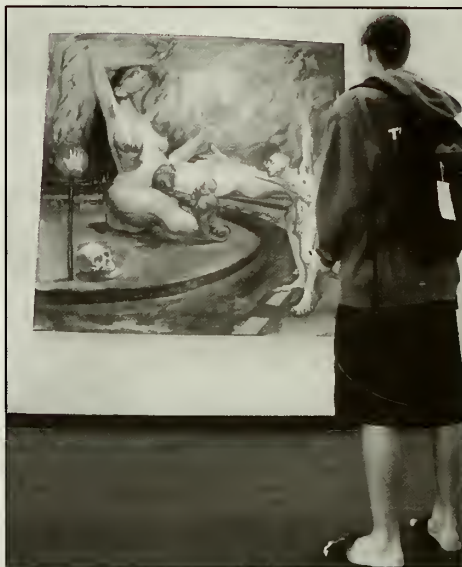


Photo by Doug Barnett - Staff Photographer

Pit Stop: Kyle Knudsen stops to admire Paz Winshtein's oil paintings.

inspired by the Renaissance period.

CLU student and Winshtein ad-

mired sophomore Cody Yan described Winshtein's art as "imaginative, interpretive, inspiring and

emotionally heavy. There's a lot of deep messages in his art." Yan adds "Paz's color pallet is very interesting; he knows where to use the right colors. There's a lot of highlights and shadows that he does perfectly."

Winshtein described his artistic process as "a lot of daydreaming one day and then an image comes to me." But it hasn't always been very easy for Winshtein. He shared that this past year creativity didn't come easy.

This held him back until seven months ago when he was able to regain his creativity and finish another masterpiece.

According to professor Christi Colell, Winshtein's art is "sarcastic but personal. The art is very dynamic; it's very expressionistic. I feel like the artist is going through a lot of emotional experiences through his art."

Colell adds, "the work is very thought provoking. I believe that literature students, history students and of course art students should see the exhibit; it's very exciting."

Winshtein's exhibit will be in the Kwang Fong Gallery until April 3. More of his work can be found at www.paz-art.com.

Heritage award goes to Tonsing

Jorge Martinez
Staff Writer

The author of CLU 50th Anniversary Book, Dr. Ernst F. Tonsing, has been named the 2010 Outstanding Scandinavian American.

His Swedish roots and life accomplishments made Tonsing the perfect candidate for the award. There are only 23 other people who have been awarded this honor in the history of the Scandinavian American Culture Foundation.

The ceremony was held in the Lundring Events Center Sunday, Feb. 28, and was hosted by the Scandinavian American Cultural and Historical Foundation.

The award is bestowed to celebrate the accomplishments of a Scandinavian-American who has benefited CLU and everyone around them.

Tonsing was an officer in the US Navy and a Lutheran pastor in Portland. He has also been very involved with CLU and has

[See TONSING, Page 7]

Prescription drug use turns into abuse

Ness Nguyen
Staff Writer

Marijuana and prescription drug use is one of the most troublesome habits among college students in the nation. CLU is not an exception.

Non-users treat the issue with stigma, but the motives for it are more common than they might think. Stress from school, work, anxiety about performance and lack of energy due to unhealthy lifestyles can all lead to drug abuse.

According to Chris Paul, associate director of Residence Life, prescription drugs that are commonly misused are an ADD medication amphetamine (Adderoll) and painkillers like hydrocodone (Vicodin) and oxycodone (OxyContin). Other popular recreational drugs include marijuana (pot, weed), methamphetamine (crystal meth, ice), LSD (acid), ecstasy (E, X), cocaine (coke, crack) and heroin (dope, junk).

These drugs vary widely in potency and effects. They might give users an instant upper (high), induce hallucinations and feelings of intimacy, distort sensory perceptions or tranquilize them.

A study by the National Center on Addiction and Substance Abuse at Columbia University in 2003 reveals marijuana to be the most popular drug with 34.7 percent of college students reported to having illicitly used.

Many people perceive it to be non-addictive and harmless. How-

ever, this depressant is addictive on more levels than myths might lead them to believe.

"Marijuana can help people sleep and reduce anxiety at the moment, but results in a net intensification of anxiety," said Dr. Alan Goodwin, director of Counseling Services.

Signs of withdrawal are reported, and heavy users develop tolerance for the drug. Smoking marijuana becomes part of a lifestyle, which some people employ to connect with their peers.

"It's a social thing for marijuana. It's common to do it at parties with alcohol. It makes you feel better and keeps the conversation going," said sophomore Wren Gray-Reneberg.

The greatest risk associated with consuming marijuana, however, is that it acts as a gateway drug, leading users to experiment with more harmful and addictive substances.

According to Paul and Goodwin, the use of multiple drugs at once or throughout the day is not uncommon. Students can combine several drugs to achieve a desired euphoria or use depressants to offset the effect of previous stimulants.

In its policy statement, Campus Public Safety designates the CLU campus to be "drug free." The laws and policies on controlled substances and paraphernalia are also enforced by The Thousand Oaks Police Department and Residence Life.

The issue remains confidential and difficult to tackle.

"It's not like you can tell people

not to do drugs," Gray-Reneberg said.

There were only eight cases of drug policy violation that went through the judicial process in 2008 (detailed in the 2009 Annual Security Report and Crime Statistics) while Paul confirms that "many students here at CLU use drugs on a regular basis."

A psychoanalysis practitioner, Goodwin regards drug use as essentially "pushing the body to do something it doesn't feel inclined to do." People make conscious decisions to use drugs because they believe the drugs are doing something good for them.

"You can't discuss stopping the drug use unless you know what they use it for," Goodwin said. He argues that the focus should be placed on helping individuals find out changes and alternatives that work best for them.

Furthermore, Goodwin suggests that everyone does "drugs" at some point, in some ways, in the form of alcohol, caffeine, sugar, diet coke or cigarettes.

The preventive approach to drug abuse is to surround oneself with a positive environment while eating and exercising well, balancing activities and seeking help when faced with crises.



For more information
<http://www.bringingtheorytopractice.org/pdfs/LitReviewDec03.pdf>

\$5 million man

CLU receives \$5 million donation for new football stadium.

Courtney Minton
Staff Writer

William Rolland has become California Lutheran University's very own \$5 million man thanks to his generous donation.

William Rolland has lived and worked in the Conejo Valley for over 40 years.

As a current resident of Westlake Village, he has no connections to CLU and is not a part of the Lutheran church.

This unprecedented Play Ball: William Rolland's donation will provide a new home for CLU Football.

donor simply wants to help change the lives of CLU students and provide opportunities to athletes.

"He has many friends who are very engaged with CLU including Board of Regent mem-

ber Joan Young," said Stephen Wheatly, vice president for University Advancement.

His relationship with the university grew as Joan Young introduced him to CLU and President Kimball.

"Mr. Rolland was impressed with his tour of the CLU campus and the strategic vision and plan for CLU's future," Wheatly said.

His generous donation to CLU is the single largest individual gift in the school's history.

"He wanted to make an immediate impact on our future



Photo courtesy of Brian Stethem

growth and development," Wheatly said. "He selected the new football stadium as an opportunity to enhance the campus."

Mr. Rolland is also a retired Los Angeles firefighter who, during a rescue in a mudslide in the Hollywood Hills, received a Medal of Valor for his efforts.

He donated a generous amount of money to create

[See ROLLAND, Page 7]

CAMPUS QUOTES: What would your dream football stadium look like?

Karina Maloney



"If they install violet and gold astroturf, it would be awesome."

Matt Blair



"The Dallas Cowboys' stadium with a food court and Jamba Juice."

Kyra Requistas



"A stadium with facilities for players, coaches and trainers."

Aaron Fisher



"The Minnesota Vikings' Metrodome."

If you have an idea for a Campus Quotes question, e-mail it to the Echo at echo@callutheran.edu

Behind the scenes: CLU food gardening seminar

Brad Hendrickson
Staff Writer

A new type of class has emerged this semester at California Lutheran University, with a fresh, hands-on method of teaching.

CLU Food Gardening Seminar is a two-unit class focused on reading, writing, discussing alternative food production and yielding an actual garden. The reward is that students can actually consume their efforts put forward during the semester.

This semester the class consists of 13 students, one volunteer and Dr. Ritterbush, who is a geology and environmental science professor.

"We just planted several 'green leafies': arugula, spinach, kale, bok choy; onions and sage; and some legumes: peas and early green beans," Ritterbush said. "What we plant next is up to the students, but in a few weeks would likely include squash, tomatoes and more herbs and le-

gumes."

All of these plants will perhaps one day be planted at CLU's own permanent garden.

There are many things this class aims to teach, but Ritterbush has one goal that her students cannot miss.

"We all need to be humbled by learning how difficult it is. You end up inadvertently feeding the rabbits and gophers and crows and bugs," she said. "It takes lots of time and effort. And, if you are doing it in a group, it takes a lot of patience to make group decisions. Most people don't have that patience to begin with; they have to build patience if they really care

to learn to do something as a community."

This very important lesson is one that she hopes her students will take away from the semester.

A big question is where are all of these plants going to go when the semester is over?

"The students are considering



Photo by Robyn Poynter - Staff Photographer

Pay Dirt: Students Tricia Johnson, Lauren Anderson, Kayla Kilpatrick and Ben Hogue measure the CLU garden.

having a demonstration table on campus during earth week in April that would demonstrate

or simulate CSA (Community-Supported Agriculture) boxes or a farmers' market booth," Ritterbush said. "Several of the members live in dorms where they have their own kitchens, and so the gardeners themselves will probably eat some of it."

This class has created a great student teacher bond. Ritterbush jokingly said, "I also want to say that this group of (about a dozen) students is amazing. They are self-directed, mature and enthusiastic. Several of them approached me with their desire to start this project, so it was very 'grass roots.' Should I say, 'herb roots'?"

This kind of bond has created a no boundaries environment so students can work next to Rit-

terbush and produce maximum results.

Ritterbush is not looking to reform any sort of agricultural programs or ways of teaching.

"I should stress this is not a project to reinvent a traditional agricultural program," she said. "That is not what we are about. We are about ordinary people raising food during the course of their ordinary lives. Our effort this year is small, but we will probably learn a lot. That is one of the best visions of our food future."

As California Lutheran University expands its campus, hopefully someday soon, we will witness and taste the lush produce grown and nurtured by its very own students.

THE FASHION PLATE: A HEALTHY SERVING EACH WEEK

Loving the 'Skins' you're in



Heather Taylor

Hello, my name is Heather and I am addicted to "Skins."

While the title may suggest Pay-Per-View status, "Skins" is actually a show on the channel E4 about a group of teenagers, around 16 to 18 years old, living in Bristol, England. If you don't have E4, which doesn't come in through to our school campus, "Skins" can also be found on Google video and YouTube with full episodes.

In the hierarchy of teen drama shows, "Skins" trumps over the angst-ridden "Degrassi" and the Marc Jacobs loaded "Gossip Girl" with its no-holds barred look at growing up. Best friends regularly stab one another in the back, everyone hooks up with everyone and nothing gets edited, hence my addiction.

You wouldn't think that you'd want to go back to dressing like you were 16 again. I know I wouldn't. That was a time when I was exiting my all-black, pseudo-Goth phase and about to enter the far more horrifying aftermath of

designer handbags and ironic T-shirts that clearly did not go with my old wardrobe. I tend to go in extremes when it comes to clothing.

"Skins" has the effect of making you want to revisit your teen years. Each character is well known for their sense of style which highly differs from person to person. Seeing as I skipped out on male fashion last week, I think I'll start with the guys.

Tony Stonem is the most popular boy on the campus and known for his high intelligence and manipulation. With a personality like that, he's also very clothing conscious, along with his friends fashionably-inclined Maxxie and partygoer Chris. The three lads are very much city boys with wardrobes inspired by British shops Paul Smith and Ted Baker.

Advertising their spring/summer 2010 collection as "reinterpreting classic menswear and simple sportswear," Paul Smith is instantly recognizable for their use of careful tailoring on jackets (so Tony), bright colors (very Maxxie) and casual printed tees (classic Chris).

Ted Baker, with its more affordable rack, appears to be the Urban

Outfitters of London. Though the colors are more neutral in shade than that of Paul Smith, Ted Baker offers many of the same looks with lightweight waffle stitch jumpers (light sweaters) and mohair trousers (pants). All-in-all, perfectly preppy enough to make any girl in Bristol swoon.

The girls of "Skins," on the other hand, are completely different from one another as can be. Michelle combines the look of sporty casual with nightlife looks, Effy is notorious for her rock 'n' roll princess ensembles, and my personal favorite, dreamy Cassie, lives in a world of pastels and glitter.

For these three, I must return to Paul Smith and Ted Baker, yet again, for their wonderful women's selections. The black leather gilet would undoubtedly be Effy's most treasured wardrobe item while Michelle would don the couture denim dress and Cassie would wear the camisole trompe l'oeil top. Ted Baker in particular would corner the market on Cassie completely with the endless number of ruffled tops available, to use her catch phrase, it is "wow, wow, lovely!"

It's all about loving the "Skins" you're in.

the **Echo**
2009-2010

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HE SAID, SHE SAID: A LITTLE OF HIM, A LITTLE OF HER Call of Duty, unappreciated by girlfriends



**HE
SAID**

Antoine Adams

I went from ab flexing in pilates to my favorite type of exercise: sitting in my chair in front of the television and flexing my finger muscles. Three words: "Call of Duty."

When I'm playing, I have to put aside at least three hours of my day. Those hours consist of good friends and maybe a sandwich in between games.

Shopping and nails for girls is like video games for guys. No phone calls are taken during this time, no text messages are answered, simply "me time." To finally get Allie to play would be a dream come true, if it happened.

It was just a disappointment to see no enthusiasm coming out of Allie's headset. I tried to teach her all of the controls and we started off by playing one-on-one.

It was like playing with a pet fish; there is only so much you can do. She couldn't understand how to use the left and right joystick in unison, so she would be walking while pointing her gun down.

During the five minutes of multiplayer, there was no excitement. I would stab her in the back and laugh; she would shoot at me and show no enthusiasm. It was a very quiet atmosphere and it made me anxious.

So, we tried the online multiplayer and the same thing happened.

I gave her the headset to listen in on the team, but there was still no communication from her end. She found a corner on the virtual map and stood there, watched three people pass by and didn't budge.

I had no idea "Call of Duty" could be boring to play, but Allie accomplished just that. She did get one kill, but seconds later her player was killed. After that she handed her controller to me and left the room. I continued playing.

There are just some things that your girlfriend can't appreciate.



Alexandra Butler

I'm bloody. I'm dead. I'm bored.

These were my feelings after just five minutes of playing the annoyingly popular "Call of Duty."

Growing up, I never played video games let alone owned a PlayStation. So, when people talk about how addictive video games are, it fascinates me. Although, I do own a Wii and have a blast playing it.

Antoine and his friends will play "Call of Duty" for hours without moving a muscle. I regretfully decided to give the game a chance.

I was impressed by the fancy headset that connects to the X-Box controller. It allows you to speak to other players that I've

never met before. I didn't even know if these players were in the same country as me.

The fact that so many people are bonded by one game is really cool, even though I didn't use it. I concentrated on staying alive.

The other players didn't even give me a chance. I spent half of the time running into walls and staring at the sky. Next, I kept hitting the grenade button and blinding myself. By the time I became situated I was on the ground, dead.

To the creators of the game:

I would like this game a lot more if I had more friends at my gaming level, a more flattering virtual outfit and maybe some prettier scenery.

I would also prefer one simple device, maybe a joystick rather than multiple buttons to control the body.

I found the headset distracting; I don't want to talk when I'm defending my life. Also, the voices in the headset were not very willing to save me, so I didn't even want to be their friend.

Even with Antoine as a coach, I couldn't get into the game. My mind started to think about school and what I had to do for homework.

I would have rather spent my time playing "Super Smash Brothers" and wearing a puffy pink dress as Princess Peach.

"Call of Duty" quickly became my official call to shame.



To submit a story idea, send an e-mail to echo@callutheran.edu, ATTN: features

Professor receives Scandinavian award

[TONSING, from Page 5]
taught courses in religion, religious art and Greek.

This very versatile man has attended many universities and has many accomplishments, including a master's from Berkeley and a Ph.D. from Santa Barbara.

Tonsing's life revolves around three elements, which he calls the "triple T."

The triple T consists of "travel, teaching and the Tonsing family." Tonsing thinks traveling is important because "traveling

“Dr. Tonsing is the epitome of what a private liberal arts Lutheran education produces.”

Dr. Chris Kimball
CLU President

Teaching is something that has made Tonsing happy throughout his life, and it is something he still enjoys today. Yet, learning is also part of his everyday life.

Paul Wenz was a student of Tonsing's who has become a pastor and professor himself. He claims it was Tonsing's love for teaching that really impacted his life.

"Fred Tonsing has shaped my life both as a Lutheran pastor and as an adjunct professor of philosophy and theology," he said.

Wenz also believes Tonsing's passion for learning is an admirable quality and is contagious.

"Dr. Tonsing has a love of learning that is infectious," he said.

President Chris Kimball also attended the ceremony and spoke about Tonsing in a very inspiring manner.

"What a widely educated person he is," Kimball said. "Dr. Tonsing is the epitome of what a private liberal arts Lutheran education produces."

For the most part, the ceremony celebrated a man who has had a great deal of outstanding accomplishments throughout his life. Yet, there was also some time for a couple jokes.

A long-time friend and neighbor of Tonsing's, Bob Ritterbush, gave a roast speech.

Ritterbush spoke about Tonsing's life and even poked fun at the fact that he seems to be married to CLU.

Tonsing was the last person to speak. He spoke about his Scandinavian roots and how all Scandinavians who migrated to the United States have become Americans.

The speech seemed to connect with the audience, especially his last line in which he referred to Scandinavian Americans.

"All Americans can rightly celebrate and take pride in this Scandinavian-American heritage," he said.

The ceremony left the audience with a feeling of triumph and appreciation for Scandinavian heritage.

Mission possible: Rolland donates \$5 million for football stadium

[ROLLAND, from Page 5]
the William Rolland Firefighter Educational Institute.

"He is a well respected real estate entrepreneur who is interested in making a difference in the lives and educational experience of CLU students," Wheatly said.

According to Wheatly, the final drawings are in development and the final cost is being estimated before construction permits are acquired for the projected summer start time on construction.

Rolland will be involved throughout the entire design phase of the stadium.

The actual construction process will take approximately 12 to 15 months, assuming there are no delays in the permit process or weather.

This will allow the stadium to be open at the start of the 2011 Kingsmen football season.

Rolland has provided the university with an exciting opportunity.

In years past, the CLU stadium was not considered acceptable to host NCAA playoffs, but with the new stadium, it is now a possibility.



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OPINION

More than meets the eye with invisible disabilities



Reshai
Tate

For the typical Cal Lutheran student, the handicap accessibility of every building on campus is an unnoticed detail.

With the exception of the occasional athletic injury when the downstairs cafeteria entrance is just more convenient than taking the stairs, we've become very negligent to our peers with disabilities.

Our negligence is the result of a skewed perception of what individuals with disabilities look like.

Most of us never look beyond

the physical to consider disabilities invisible to the human eye.

Hidden disabilities are best described as impairments that aren't immediately apparent.

Unlike other disabilities that restrict mobility, hidden disabilities can range from subtleties like temporary memory loss to much more limiting conditions like dyslexia and Asperger's disease.

Considered an umbrella term, the concepts of hidden disabilities also include diabetes, sexually transmitted diseases, heart and liver problems as well as depression.

CLU currently has no reported requirements for students suffering from hidden disabilities.

Current assistance is available through the Center for

Academic and Accessibility Resources office, but only for those students who are mature enough to seek more information about their condition.

However, these students must be proactive enough to seek out on-campus resources and brave enough to identify themselves as having a disability. Otherwise, the likelihood of them succeeding is small.

Their registration in rigorous coursework declines and their grades suffer. Without notification and the aid of the CAAR office, no one at the university is fully aware of the reasons why.

The solution to the hidden disability problem here at CLU is communication.

On one hand, it is important for students suffering from hidden

disabilities to say something, to actively seek the assistance they need and deserve.

On the other hand, it is equally important for the university to provide students a space to safely disclose such personal information.

For students at large, the task is to change the culture created around hidden disabilities.

Though socially we are conditioned to feel empathy for our peers restricted to wheelchairs and that are mute, we rarely consider individuals with hidden disabilities.

Rarely do we explore the stigma associated with disabilities that effect cognition.

By creating a culture where our peers feel completely comfortable disclosing their disabilities, our campus culture could be enriched as a whole.

Recruit visits lead to parties



Gabby
Gomez

We all know that text—"Recruit Weekend— Party at the (insert sport here) house!"

When recruits come to Cal Lu, the weekend social scene goes into overdrive.

How many parties can we throw? In a club or house, it doesn't matter, as long as there's a lot to do.

However, I don't think these crazy parties are a good idea. The main goal is to show the recruit an amazing time that, let's face it, they'll probably be too drunk to remember. This perception of Cal Lu does not give the recruit an accurate view of our school.

"We have not had any instances [of drinking during recruit trips] since I've been here and we do not condone anyone under the age of 21 drinking," football coach Ben McEnroe said. "We trust our players, and we trust that they are going to show the recruits the social aspects of campus life here at CLU."

The majority of recruits are looking at more than one school, so we want to seem like the "cool" school with tons to do. But let's face the facts— we're in Thousand Oaks, where there is not much to do.

Recruits should be getting a full view of Cal Lu academics, social life and athletics while on their recruit trip. I don't see recruits being brought to class on Fridays or Mondays. In fact, most recruit trips are only on Saturday nights.

"We tell our recruits that when deciding on a school, three things are key in choosing the best place for them. Judge the school on academics, campus life and then athletics—in that order. We hope after going through those three aspects of a school that they find CLU to be the best place for them. We hope that the recruit trip helps see the campus life and athletic side of CLU," McEnroe said.

Though recruits should not be brought to out-of-control parties, it's hard to say no parties at all. Recruits do expect to have a fun time.

I am not speaking on behalf of every sport at Cal Lu. I know some teams who have games the day after a recruit comes, so they go to bed early. The recruits may not have had the best night ever, but they feel how it would be to be part of that team.

Recruit weekends should be a fun time, but there is a happy medium between an out-of-control drinking-fest and sitting at the dorms twiddling your thumbs.

Sparks ignites romance then sees to its demise



Julie
Randall

Nicholas Sparks' sappy romance stories have been all the craze in recent years.

Teen girls from all over America flock to movie theaters each time a new Sparks movie comes out. The box office hits "A Walk to Remember" and "The Notebook" paved the way for a string of other Sparks novels to hit theaters.

If you watch one of these highly anticipated films it is not long before you recognize a recurring theme or pattern. The plots are often predictable and virtually always tragic.

What is it exactly that makes Sparks' novels and movies so wildly

successful?

Sparks has mastered and fine-tuned the ability to manipulate our emotions. He strums on our heart strings as we watch a relationship grow and thrive. Then, the pair is tragically ripped apart, often through death.

When I go to the movies, I want to laugh, feel inspired or at least be entertained. I don't want to walk away from the movies feeling depressed and drained, which is essentially the effect that Sparks' movies have on their audience.

In real life there is enough sadness, disease and death as it is.

Movies offer the opportunity to suspend viewers from the realities of life and walk away feeling light hearted. Watching two people fall madly in love then separated by the most tragic conditions is not entertaining or enjoyable to me.

In an interview featured on



Photo courtesy of <http://www.sxc.hu/>

Bookreporter.com, Sparks addressed the recurring theme of "tragic events which lead to love with secrets" in his books.

"In all love stories the theme is love and tragedy, so by writing these types of stories, I have to

include tragedy. What would Romeo and Juliet be, for instance, if they both lived happily ever after? Tragedy is hard and sometimes painful to write, but, at the same time, the stories linger longer in people's minds," Sparks said.

There is no doubt that Nicholas Sparks is a talented writer. He must be doing something right after all the hype about his novels.

However, I believe happy movies can have leave just as strong of an impression on people.

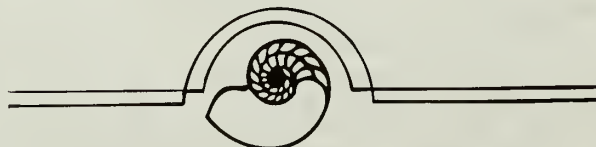
Besides, teens that watch Sparks' films may obtain what is not a realistic image of love. Not all young love relationships are going to be like Romeo and Juliet, or any of the other dramatic relationships depicted through Sparks' films.

After a while, you begin to draw parallels between the plots and the conclusion of the movies no longer have the desired impact. We ready ourselves for the tragic and gut-wrenching ending that Sparks' filmgoers have come to expect.

Sparks should attempt to vary his novels so that the story line is not predictable.

Besides, every now and then, there is nothing wrong with a happily-ever-after ending.

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Visitor parking irks visitors



Jennifer
Nechiporenko

With the majority of CLU residents living off of South Campus Drive, it is a wonder why there is not more visitor parking on that side of campus.

It is a huge inconvenience when parents or friends come to visit during the week and have to park in the Welcome Center parking lot, just north of the Mt. Clef dorm building.

The visitor parking is great for admissions candidates and residents of the Mt. Clef dorm building, but bad for parents and friends visiting current students.

Though not a long walk from the Welcome Center parking lot to the other dorm buildings across campus, the travel is made difficult when your guest intends to spend the night and has a sleeping bag and clothes to carry.

Another issue created by the current visitor parking situation is that guest speakers often do not know where to park. Oftentimes, they are unfamiliar with the

campus and uninformed about permits.

The areas allowed for visitors to park include the chapel parking lot, the Welcome Center parking lot and the parking lot just north of Olsen Road by the tennis courts and Aquatic Center. Street parking is not allowed for non-permits Monday through Friday, 7 a.m. to 7 p.m. This is nice



Photo courtesy of Photo courtesy of <http://www.sxc.hu/>

for weekend visitors, but does not help when a resident gets visitors between the aforementioned hours.

I would not classify this as a problem, but more like an inconvenience. I have a few ideas to make it more convenient for residents to have visitors.

First, parking on South Campus

Drive directly in front of the South and North residence halls is reserved for commuters during weekdays until 7 p.m. This area is never full and could be permissible to visitors at little to no inconvenience for commuters.

Second, the back row of the Trinity parking lot could also be open to visitors all days of the week, every hour of the day.

I do not think that these suggested parking solutions would take away much needed spaces for residents or commuters.

I am fully aware that a visitor can obtain a parking pass for the day, which makes the parking situation much easier, but what if it is a surprise visit and the Welcome Center is already closed?

I am not writing this to complain, merely to suggest ways to make life simpler for the Cal Lu residents. In fact, I think it is great that commuters and residents get free parking when other colleges charge up to \$600 for parking for the year.

I hope that these simple suggestions will be taken into account when the parking plan is decided for the 2010/2011 school year.

Chile's quake disrupts economy and causes feeling of doom



Erica
Larson

As the death toll for Chile's 8.8 magnitude earthquake on Feb. 27 reaches 800, people all over the world take stock of tragedy by looking within, reaching out and feeling they are a part of the global community.

After the 7.0 earthquake in Haiti on Jan. 12, 2010's Hurricane Katrina and the 2004 Indian Ocean earthquake, some have spoken of "donor fatigue": a tiresome, looming feeling of doom, not in relation to monetary charity, but a possibility when considering all of the non-financial effects of being a world-conscious, humanitarian living amongst catastrophic, life-altering circumstances.

As individuals with hearts and brains struggle to keep up with the calamity, it's wonderful there are certain infrastructures in place to support the layman in his or her disaster-relief efforts.

The United Nations will contribute \$10 million from its Central Emergency Response Fund to help Chile rebuild areas that experienced the most significant destruction, such as Concepcion, an industrial city to the south of Santiago. The U.N. has also donated satellite phones, water treatment plants and vaccinations.

But destruction is in no way contained within a specific area, nor is it possible to foresee exactly how high the cost of damages will soar; private-sector analysts estimate \$15 billion to \$30 billion.

Included in the suffering is Chile's world-renowned wine industry. Ranked as the fourth-leading wine exporter to the United States after Italy, France and Australia, Chile is believed to have lost 20 percent of its stored wine.

At current retail prices in the United States, the loss is worth \$975 million, said René Merino, president of Wines of Chile, the

national association.

Although wine only represents 1 percent of Chilean exports, the wine industry employs 80,000 full time workers.

The Chile earthquake, occurring just over a month after the temblor in Haiti, does not compare when it comes to the loss of human lives.

The Haiti quake, which occurred in a more shallow spot and closer to Port-au-Prince, is responsible for 220,000 deaths, mostly due to widespread building collapse.

Seismologists and building engineers agree that while over 500,000 homes were heavily damaged during the two minutes of intense shaking, fewer lives were lost due to Chile's strict building codes.

After the 1960 Great Chilean Earthquake, the most powerful

As the death toll for Chile's 8.8 magnitude earthquake on Feb. 27 reaches 800, people all over the world take stock of tragedy by reaching out.

recorded earthquake to date at a 9.5 on the moment magnitude scale, Chile put much effort into improving their defensive architectural standards.

In addition to having stronger buildings, Chile is also a more affluent country, with a per capita economic output that is 10 times larger than Haiti's. Better preparatory measures, more emergency resources and the location of the quake's epicenter are all contributing reasons as to why Chile will experience a lesser degree of damage.

Still, the memory of the recent Chilean earthquake, which is also responsible for moving the Earth off its axis by three inches, continues to ravage the South American country, as well as the rest of the world that waits to help, hear more information and learn how to better prepare for a future of what's to come.

Sex sells but America's values take a hit



Courtnie
Batista

What do all these images of sex teach the youth of our nation?

The media certainly has no problem exposing teens to sex.

The same Kaiser Family Foundation report found "the overwhelming majority of sitcoms contain sex at an average rate of 7.5 scenes per hour. This is especially important when considering that sitcoms are the genre of choice among 8- to 18-year-olds."

Kids are seeing and learning more about sex at a younger and younger age. When media is our main means of communication, it's hard to keep sex out of their lives.

When I hear my younger cousins talking to their friends about music videos they watched that revolve around sex, I feel like the media has crossed the line.

The music industry is one of the media outlets that has used sex as the top focal point for sales and has run with it.

We are seeing music videos with half-naked women dancing around or an image of a girl on a bed. Some of these songs don't have anything to do with this, yet sex is used to keep the viewers' attention.

And, if videos aren't giving enough visual messages of sex, song lyrics certainly are.

Rihanna's new song, "Rude Boy," blatantly talks about sex the entire song.

She uses inappropriate, overly sexual terms that teenagers and young kids hear and oftentimes repeat.

It scares me to think teenagers are not only singing these lyrics,

but mimicking the dance moves as well.

Other songs in the past few years that have explicit sexual themes include "Candy Shop" by 50 Cent, "Birthday Sex" by Jeremih, "Right Now" by Akon and "What's Your Fantasy" by Ludacris.

Why do all these celebrities feel the need to wear fewer clothes or talk about sex?

They are taking the easy way out. Sex sells, and the best way to get your foot in the door is to be one of those people selling it.

It's a craze that has gone too far.

Sadly, this looks like a theme that will continue into the future.

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SPORTS

Regals host tournament against top 20 DIII talent

Amanda Lovett
Staff Writer

The 2010 CLU Spring Classic ended in a 3-3 game play for the Regals, with wins against top Division III schools.

The Samuelson Aquatics Center hosted a variety of top-20 Division III nation's best water polo teams, including Arizona State, Pacific, Wagner, CSU Monterey Bay and Cal Lutheran, among others, marking the season for all competition.

Friday's games appeared to be a great start for the Regals, winning both games against Villanova and CSU Monterey Bay, tying the victory of the day with UC Berkeley. Senior Joy Cyprian led the Regals with nine points for the opening day of the contest.

The first two quarters against Villanova were a heated battle that ended tied at 4-4. Half of the Regals' points were scored in the last quarter of the game: three shots by Cyprian, and singles by junior Bobby Sanders, sophomore Christina Messer and senior Lauren Bridges to a final defeating Villanova with a score of 12-6.

Senior Heather Bridges and freshman Kylee Tomasetti shared goalkeeping time, stopping eight Villanova attempts to score.

"In some games, it's not necessarily about the score, but rather the little victories that you get during the game, like stopping counter attacks [and] shot-blocking," Cyprian said.

Cal Lutheran then took on CSU Monterey Bay, to legitimately trounce the Otters for the second time since 2008. The game started out with five goals in the first quarter set by the Otters; however, the Regals were determined to not let them prevail, with only two more goals scored the rest of the game.

With junior goalkeeper Rachel Hahn's 10 saves and the defense

strategies of the rest of the team, the Regals made a large comeback, completing the wins for the day.

Cyprian scored a game high of five goals throughout the game to bring the game back to life at 9-6 and L. Bridges topped off the win with a final score 11-7.

"[The strongest positive elements of the tournament this weekend were] our defense and beating our opponents on transitions," L. Bridges said.

The Regals split the wins on Saturday, taking a loss to CSU Northridge, but a double-digit win over Penn State-Behrend in the afternoon.

Solid Regal defense put the lead at only 4-1 at the half in favor of the Matadors. However, CSUN put a 9-0 run on Cal Lu in the last 24 minutes of regulation.

This run allowed only Cyprian to score throughout the entire game, ending a final 11-1 defeat by Northridge, the first game of the Spring Classic that the Regals lost.

"Winning is always nice, but our defense against CSUN was the best I think I've seen all season," Cyprian said. "Our whole team this weekend really stepped up to the plate and we refused to just roll over and give up."

The double-digit win over Penn State-Behrend proved that the Regals never roll over and give up, scoring an 11-0 lead up until the fourth quarter with a two goal drought by the Lions.

Shannon Streeter tied Meredith Butte's game-high of three goals each to end the game at 12-2.

Other scorers of the game included freshmen Neika Maryn, Sarah Connors, Amanda McNutt and Janelle Corugedo, sophomore Tiffany Ly and Cyprian. Tomasetti made six saves throughout the game.

However, Cal Lu's winning streak for the Classic diminished in Sunday's games against Wagner and



Photo by Maxx Buchanan - Staff Photographer

Up, Up and Away: Senior Heather Bridges goes up for a save during the CLU Spring Classic.

Pacific, with losses to both teams, but not without a hard fight.

Wagner's game was close, only trailing by less than four goals the entire game. The game was left at 8-5 until about 46 seconds left in regulation, with Butte's convert of a penalty shot and fourth goal game-high closing the game at 8-7.

In the last quarter, Regals grabbed a steal and attempted to score, however the play fouled right as the horn sounded, relinquishing them of a potential tied score for the final.

Butte and Cyprian provided all of the Regals' offense throughout the game, each converting a penalty shot among the rest.

"This tournament was the perfect opportunity to figure out what our quirks are and how to fix them," Cyprian said. "We played great de-

fensively and have a couple kinks to work out on offense."

"We're determined to get them sorted out this coming week in practice, and come SCIAAC, we should be ready to go," she said.

Sunday afternoon's game against Pacific started out with a single goal by sophomore Jane Galluzzi in the first quarter, but was overshadowed by an 11-0 run by the Tigers throughout the next three quarters.

Despite best efforts, the Regals could not defend enough against the ruthless Tigers, whose goalkeeper blocked a majority of the attempts made by Cal Lutheran's offense.

However, in the fourth quarter, Butte and L. Bridges stepped up and scored two goals before the end of the game, which ended at a

final score of 12-3.

"We did well this weekend- a lot of things to work on before SCIAAC starts, but that is a good thing," Butte said. "Tournaments like this are just to get us ready for conference."

The team believes that this tournament helped them assess their capabilities and weaknesses for this season and will ultimately lead to success in the SCIAAC conference.

"The team is really coming together and we are just amping up for some good games during conference play," Butte said.

Butte claims that if they keep motivated, they will be a tough team to overcome this year.

"As long as our hard work, dedication and motivation stay high, we're going to be a hard team to beat," she said.

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Kingsmen defeat rival Bulldogs, win streak at seven

Cal Lutheran defeats two top 30 opponents

Sasha Voinovich
Staff Writer

The Kingsmen earned another win this past Thursday, March 4, extending their streak to seven.

The Kingsmen faced the University of Mary Washington out of Virginia, who came into the match ranked No. 28.

CLU began the day with two wins in doubles matchups.

Senior Jordan Culpepper and freshman Ray Worley, playing at the No. 3 spot, earned an 8-4 victory.

Playing in the No. 1 spot were junior Andrew Giuffrida and freshman Nick Ballou, who defeated UMW's team of Evan Goff and Kaz Murata with a score of 8-2. Seniors Ryan Lassila and John Karsant of CLU lost in a tie-breaking match of 10-3.

"Our team looks very solid this year. Actually, I would say phenomenal," Culpepper said. "Today is going better than I actually expected."

Leading 2-1 after doubles, the Kingsmen needed three wins in the singles competition to continue their winning streak.

CLU sophomore Justin Wilson defeated Evan Goff (UMW) 6-4, 6-3 at the No. 6 spot. Karsant suffered a 7-5, 6-3 loss in the Kingsmen's No. 5 spot, while Worley managed to hold off Brian Hope of UMW 6-0, 6-2 in the No. 4 spot.

Playing at the No. 3 spot, Lassila



Photo by Kevin Baxter - Sports Information

Undeclared: Freshman Ray Worley has yet to be outplayed in his singles matches for the Kingsmen this season.

earned a 6-3, 6-2 victory over Murata. Lassila's teammate, Ballou, also came away with a 6-3, 6-0 win playing at the No. 2 spot.

"I had a lot of confidence going into [this] match. I was more relaxed and got a great start," Ballou said. "As the year has gone on, my game has really improved. I feel like we have the best No. 1 - No. 4 line up in the country."

The players playing in the No. 1- No. 4 spots have a combined 24-0

record for the season this far.

Leading that lineup is Giuffrida, who transferred from University of Nevada, Las Vegas, a Division I school, to play at CLU and came away with a 6-0, 6-1 victory.

"I played very patient," Giuffrida said. "My opponent was starting to miss a lot of points because of the long rallies and my consistency."

As far as the rest of the season, Giuffrida feels good about it.

"I am having very good results

and that makes me more confident for the upcoming matches," he said.

The Kingsmen ended the day with final score of 7-2 over the Eagles of UMW. The Kingsmen are ranked No. 15 nationally in Division III tennis.

"The team goal for this year is to go undefeated in to the NCAA tournament and be ranked in the top 10," Ballou said.

"I always want to win and fight as hard as I can," Giuffrida said, "but

one of my most important goals is to have a great relationship with everyone on the team."

Earlier in the week, the Kingsmen defeated the No. 11 Bulldogs of University of Redlands for the first time since 2003, with a final score of 6-3.

The Kingsmen will face many more nationally ranked teams this season, including No. 20 Texas-Tyler today, and have a chance to extend their winning streak.

Three Cal Lutheran students hit high watermark

Christine Nguyen
Staff Writer

Gliding to a strong finish, three CLU students made it into the top 50 at the SCLAC Championships.

Seniors Kelley Fry and Amanda Graves, and freshman Will Kennedy, made NCAA qualifying times in each of their events.

In the finals, Graves was the

top qualifying swimmer posting her time of 2:07:01 placing her in second place in the 200-yard butterfly.

Graves, swimming in her second year for CLU, was seeded at 26th in the 200 butterfly and 33rd in the 100 butterfly. To make the cut, they had to beat out around approximately 30,000 swimmers from 200 schools in the NCAA Division III.

Since she was 8 years old, Graves was never afraid of the water and swam competitively throughout middle school and high school and club teams. Graves accepted a swimming scholarship at Centenary College in Louisiana but tore her ACL two months into the season.

Thinking she would never be able to swim as fast ever again,

she transferred to CLU her spring semester of freshman year.

"I didn't think I wanted to swim anymore," Graves said. "I had the whole mentality that if I was not going to be as fast as before my injury, then I didn't want to swim at all."

Fry, also in her last year, broke the school record in the consolation final by nearly eight full seconds, finishing in 2:09 in the 200 backstroke.

"I was so excited that I made it," Fry said. "With extra motivation, I know that I can always go faster no matter what, as long as I train for it."

She is honored that she made the NCAA B-cut qualifying time this time as a senior. During her freshman year, she was close to making the cut, but fell short.

Swimming for 12 years as of March 21, Fry has been a motivator and friend to the team this year as captain.

The season started off slow and steady for Fry, and she did well her first meet.

In the middle of the season, a partial tear in her rotator cuff caused her to sit out of competition for a month.

This injury never stopped her

from making it to the SCLAC championships. The month of not training for SCLAC gave her the ability to get more in shape and became more consistent in her record times.

Also making the B-cut this year, Kennedy placed 45th in the 50 freestyle. Kennedy started swimming his freshman year for water polo. His high school water polo coach wanted everyone to swim, but the coach noticed that Kennedy was especially fast.

He broke the school record in the 50 freestyle by half of a second. As a part of the 200 free relay, 200 medley relay and the 400 medley relay along with other CLU swimmers, he also took part in breaking school records.

"Swimming is one of the sports, where unless you are practically Michael Phelps, breathing is going to slow you down," Kennedy said.

Not breathing underwater is the best way to win your own event, according to Kennedy, which is why he is a speedy swimmer.

"I don't know if I would've been able to make it to nationals," he said. "But my time in the preliminaries got me third place in SCLAC."



Photo by Maxx Buchanan - Staff Photographer

In Her Element: Senior Kelley Fry has spent over half of her life in and around the pool.

Regals start weekend cold, finish up hitting hot

CLU drops two games against conference rival

Andrew Adams
Staff Writer

The Regals swept a double-header from Concordia-Chicago on Sunday, rebounding from a sweep at the hands of Claremont-Mudd-Scripps the day before.

California Lutheran University beat Concordia-Chicago 3-0 in the first game of the double-header, and won 10-3 in a game that was called after the fifth inning due to the score. The game was the season opener for Concordia-Chicago.

The Regals offense was led by senior Emily Robinson, who homered in both games. Her two-run shot in the second game started the Regals scoring effort and was part of a four-run outburst that also included senior Lizzy Chacon scoring on an error and Sara Lichtsinn scoring on a bases-loaded walk by center fielder Nikki Campbell.

The runs kept coming in the second inning as junior Breanna Johnson scored after leading off the inning with a walk and Robertson later scored on a sacrifice fly by junior Katie Strang.

Three more runs were added in the third inning as Robertson tripled home a run and Strang followed with a run-scoring single. The offensive explosion was a welcome sight to coach Debby Day.

"We rebounded well from Saturday and had a lot of fun today. Hitting can sometimes be contagious and in a lot of ways, it was today," Day said.

Robertson also started the Regals scoring in the first game of the double-header by going to the opposite field for a two-run home run after junior Lizzie Novak started off the inning with an infield single. The Regals' only other run of the game came later in the same inning when Strang drove in freshman Geri Jensen.

"It felt good today; I really felt like I was on," Robertson said. "It's always fun to face a new team; they don't know us, and we don't really know them."

The Cougars put together a rally in the seventh inning when Sara Bader drew a walk and advanced to third after a base hit by freshman Betsy Statza. However, Regals pitcher Talia Ferrari was able to work out of it by striking out the last two batters of the game. Ferrari pitched seven strong innings, allowing only two hits and two walks while recording 12 strikeouts.

"My pitches were working well,



Photo by Kevin Baxter - Sports Information
Handing Out Hits: Katie Strang was 3-4 at the plate on Saturday against Claremont-Mudd-Scripps.

my catcher called a great game, and I got some great defense," Ferrari said. "Plays like we made on defense can keep us up and keep momentum going."

The Regals dropped both double-header games Saturday against Claremont-Mudd-Scripps, falling by a score of 8-0 in the first game and 6-0 in the second game. Chelsea Baker and

Melissa Munoz each drove in two runs in the first game to back a strong effort by Athenas starter Rebecca Gualarte, who scattered five hits over six innings, while striking out two. Strang led the Regals at the plate with two hits in three at bats.

Claremont-Mudd-Scripps broke open the second game with a four-run seventh inning,

which included RBI hits by Baker and Rebecca King. Strang again lead the Regals' effort by recording the team's only hit off Athenas starting pitcher Emma Friedenberg, who allowed only two base runners in seven dominating innings.

The Regals play host to SCIAAC opponent Whittier on Saturday at noon.

Olympics make huge comeback



Andrew Parrone

The Winter Olympics had to come up with something big after the ratings disaster of the 2006 Turin Games. It's safe to say that they delivered this time around.

The Vancouver Olympics, now over a week in the books, gave the world the full range of human emotion, from ultimate tragedy and mourning to nationwide euphoria. After its ominous beginning, the games proved to be as captivating and entertaining as they have been in years.

NBC executives have to be celebrating after the way the Olympics recovered from the debacle four years ago, as the Turin Games were the lowest-rated of the modern era. NBC relies heavily on the Olympics while they are on and needed a strong showing this time around.

They did just that, as ratings were up 20 percent from 2006, with an average daily audience of 24.4 million viewers, according to Nielsen.

Some will always remember these Olympics for the death of Georgian luger Nodar Kumaritashvili, who crashed during a practice run just hours before the opening ceremonies. His tragic accident cer-

tainly cast a pall over the spectacle of the opening ceremonies, and brought into question the safety procedures and preparations that Vancouver made. I mean, no one wants to watch Olympic events and be fearful for the lives of the athletes.

But as the games pressed on, the real story became the resurgence of the American Olympians. Four years ago, many of the top Americans failed to perform to the highest level, and Germany won the overall medal count. It became apparent from the start in Vancouver that the United States was on top of its game, winning a record 37 total medals, including nine golds.

The most dramatic of these was also the most bittersweet. The American hockey team, huge underdogs going into Vancouver, lost in heartbreaking fashion to the heavily-favored Canadians, falling 3-2 in overtime. Penguins star Sidney Crosby fittingly scored the winning goal for his country.

The young Americans seemed to grow before our eyes, and would not bow in the face of what may be the most talented team ever assembled. Goaltender Ryan Miller time and again bailed his teammates out, and his valiant effort in goal will go down in American Olympic lore. Canada better watch out in 2014!

It was an Olympics of redemption for many Americans. Most prominent was downhill skier Bode Miller, the party boy of Turin

who seemed to waste away all his immense talent. After turning his life around and becoming a father, Miller finally got that long elusive gold medal, winning the super-combined.

Fellow downhill skier Lindsey Vonn also created quite the stir. In the weeks leading up to the Olympics, reports of her bruised shin grabbed headlines, causing many to wonder if she would even compete. Turns out the shin was not that much of a problem, as she too went on to win gold in the downhill. However, the bickering between her and teammate Julia Mancuso was a little unnecessary.

Perennial American golden boys Shaun White and Apolo Ohno also made their mark on Vancouver. "The Flying Tomato" captured his second men's snowboard half pipe gold, which he has won back-to-back.

Ohno, the short track speedskater who first made headlines back in 2002, became the most decorated Winter Olympic athlete in American history. In what was probably his final Olympic games, he won three medals to put his career total at eight. Perhaps no individual has meant as much to the Winter Olympics as Ohno.

The Vancouver Olympics have come and gone, and the long wait until the 2014 Games in Sochi, Russia may be too much for some. But if these Olympics have taught us anything, it's that the wait will be well worth it.



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Law makes it harder for students to get credit cards

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Caf worker acknowledged by CLU students

Page 5



Men's tennis wins eight straight

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the Echo

March 17, 2010 Vol. 55 Number 6

Nationwide walkouts protest rising education costs

Allyssa Harris
Staff Writer

"Who's got the power? We've got the power!"

These phrases were chanted by UCLA students on March 5, 2010, as they took part in the "Day of Action," protesting fee hikes and educational cutbacks.

As university students from numerous states across the country are pursuing higher education, they have also been presented with many setbacks due to the economy being in a state of recession.

In the current education system, it is already financially challenging to receive a university degree and it is now even more difficult as there have been budget cuts and programs are being cancelled.

This presents a problem when trying to complete a degree in a timely manner while trying to receive the proper instruction for performing correctly in the work force.

According to the Los Angeles Times, more than 200 protesters blocked two main campus entrances at UC Santa Cruz and reportedly smashed a car windshield with a metal pipe.

At UC Berkeley, nearly 150 protesters chanted "Money for jobs and education, not for war and incarceration."

The protesters blocked the main pedestrian entrance to campus and sought to stop people from walking into the university by hanging "danger" tape across paths.

In this time of recession, measures have been taken to help students continue higher education, such as new scholarships and grants being created and awarded to students who are struggling financially. Even

[See WALKOUTS, Page 3]

Pride Week



Photo by Maxx Buchanan - Staff Photographer

Lights, Camera, Action: From left, Grant Berg, Taylor Martinez, Evan Clark and Alisia Bonnell pose for pictures at the Gender Bender Ball on Thursday night. The Gender Bender Ball marked the end of Pride Week.

GSA promotes awareness of LGBT issues

“The GSA provides a sense of community for me and other gay, lesbian, bisexual and transgender students.”

Kyle Reed
GSA Member

Henrik Gjertsen
Staff Writer

Multicultural Programs at CLU has many different events going on throughout the year, and last week's main event was Pride Week, courtesy of the Gay-Straight Alliance.

The Gay-Straight Alliance (GSA) has been an active club since 1998, when it was first installed at California Lutheran University. GSA's goal has been to create an atmosphere where people who recognize themselves as gay, lesbian, bisexual and/or transgender can feel comfortable being themselves and supportive of their friends.

"The GSA provides a sense of community for me

and other gay, lesbian, bisexual and transgender students. It also provides a place for heterosexual students to show support for other LGBT students," sophomore Kyle Reed said.

At GSA's meetings, members discuss related matters and current events around the state, country and on campus.

With a combination of fun activities and serious discussion, the group also looks at different ways to improve GSA with events that are supportive, entertaining and educational for students. The club was initiated for members to take a part in diversity and understand issues of social justice.

"The GSA this year, and for the past few years, has

[See PRIDE WEEK, Page 2]

Senate promotes meeting to students after recent criticism

Gannon Smith
Staff Writer

Cake and Hawaiian Punch! Is it a birthday party? No! It's a CLU Senate meeting.

The Senate meeting was held in Nygreen 1 at 5:20 p.m. on Monday, March 8. Senate meetings usually do not have snacks for the people attending, but this meeting was different.

The Senate used incentives in an effort to try to obtain a larger

audience to bounce ideas off of.

"We wanted to bring in as many students as possible to the meeting," said Reshai Tate, the president of ASCLUG. "We notified people by creating a Facebook event, posting statuses about the meeting on Facebook and used word of mouth to promote the meeting."

All Senate meetings are open to any student who wants to see how the student fee money is spent by our elected leaders.

Even California Lutheran University President Chris Kimball was in attendance.

In this particular meeting, three main topics were discussed.

The first topic discussed by junior Senator Jesse Knutson, asked the question whether or not part of the Senate budget should be spent on replacing elliptical machines in the Gilbert Sports and Fitness Center.

After discussing the issue, the Senate decided that a resolution

would be better at this point in time.

The next topic involved CLU buying a LED score table with advertisement panels for the gym.

It was brought to discussion by senior Senator Matt Kufeld. The plan consists of ASCLUG paying for about half of the \$16,000 for the set of tables. The tables would be used at every sporting event in the gym, and could possibly be used at other event at CLU.

In the discussion, many won-

dered how this would benefit the students as a whole.

Kufeld defended his plan saying that athletics are a big part of the college experience, and that this table would help enhance that experience.

A bill to purchase the tables could be brought to the table within the next three Senate meetings.

The third topic that was actually voted on and passed was the

[See SENATE, Page 3]

NEWS

[PRIDE WEEK, from Page 1] been amazing," said the club's adviser Christine Paul, associate director of Student Life. "It is a great testament to the students here at CLU. They have really done some great programs that many people attend. The leadership of the club and the amount of time that the club members put in is just incredible."

For many students at CLU who fear rejection because of their sexual orientation, GSA provides them with a welcoming community.

"There is a sense of community among people who are LGBT or LGBT friendly," Reed said. "[GSA] provides a place for people who don't discriminate against others because of their sexual orientation, to come together and talk about issues surrounding the gay community and also to have fun."

According to Reed, the most important aspect of being a

member of the GSA is showing up to meetings and supporting other LGBT students.

Pride Week was held around campus last week, promoting awareness of LGBT issues. Some events chronicled past tragedies and struggles involving gays and lesbians.

Pride Week is a way for all students to learn more about what issues are facing gays, lesbians, bisexual and transgender individuals.

The GSA is now in its 12th year at CLU and shows no sign of stopping as it continues to provide students with an opportunity to be respected and accepted by fellow humans.

"It can seem like a favor for some of the members as they are able to fit in more," freshman non-member Robert Ambrose said. "I have friends that are members of GSA, and in my experience, it really looks like people are affected in a good way by the program."



Photo courtesy of Casey Klohen

Get Your Walk On: CLU students and professional drag queens participated in the drag show last week. Participants dressed in drag, lip-sang and danced to entertain the crowd.

Pride Week

Gay-Straight Alliance hosts a variety of events to get students active in issues surrounding LGBT rights

Jenny Guy
Staff Writer

In an effort to rally support for CLU's gay and lesbian community, the Gay-Straight Alliance (GSA) kicked off their annual Pride Week on March 8, which consisted of four consecutive nights of events.

The first event was a drag show, where both professional and student performers dressed in the clothing of the opposite sex, dancing and lip-synching to a variety of songs.

The GSA Drag Show was hosted by freshman Miles George, who rocked a pink wig and went by the name Sapphire for the evening.

The crowd was sizable, despite the chilly night that accompanied

this outdoor soirée. With approximately 60 people in attendance, the crowd cheered for every act, a few even going up to the stage to stick dollar bills in the waist bands of several performers.

"I thought this event was a blast," senior Courtney Murphy said. "And the guys in drag looked terrific in those heels."

Tuesday night's event was a showing of the movie, "The Laramie Project," a dramatic film about the aftermath of the murder of Wyoming citizen Matthew Shepard that forced nationwide acknowledgment of hate crimes against gay and lesbian people.

Wednesday, the GSA showed the film "Outrage" about closeted politicians and their anti-gay voting histories, as well as the nationwide effort by media and officials to keep high profile people in the closet.

"It is important for any club on campus to have celebrations and traditions, and I think that this is one that really showcases the GSA," said Christine Paul, GSA's advisor.

"It is equally important for the campus community to show support for underrepresented groups and for the students, faculty and staff who identify as [lesbian, gay, bisexual or transgender] to know that they have support within California Lutheran University."

The last event of the week, organized by GSA member Sam Lovetro, was a Gender Bender Ball held in the Student Union Building.

At this ball, CLU students were encouraged to dress as their opposite sex, have fun and dance to techno music, ending the week of

celebration on a lively note.

"My favorite part was the dance party. There was cheesecake, great music, a photo booth and everyone had a great time," junior Molly Clancy said.

"You could tell there was a lot of effort that went into planning and implementing these events. It was definitely the most successful Pride Week I've ever been to."

When explaining the overall sentiment toward Pride Week, GSA's vice president Rachel Lichtman said that, in general, the reactions to the events were very positive.

"I've yet to personally hear any outwardly negative statements about the events. However, I do believe that this is partially due to the fact that we don't shove Pride Week in students' faces," said Lichtman, explaining that the GSA remains sensitive to opposing views.

According to the GSA's Facebook page, their purpose as a club is to work together to promote equality by providing a safe and welcoming environment for all students, no matter their sexual orientation.

Many contend that Pride Week is just a physical expression to the CLU community of that philosophy.

"I'm really looking forward to seeing how far the GSA can go in the next few years. Our campus has so much potential for diversity, growth and understanding," Lichtman said.

"I think we can reach a higher level of acceptance of other people if we simply acknowledge their presence and educate ourselves."



Photos courtesy of Casey Klohen

"Dude Looks Like a Lady": (Top) From left, Miles George and Rachel Lichtman at the GSA Drag Show last Monday. (Bottom) Far left, Sam Lovetro and far right, Miles George pose with professional drag queens. Monday night's drag show was one of the events put on by the Gay Straight Alliance during Pride Week last week.



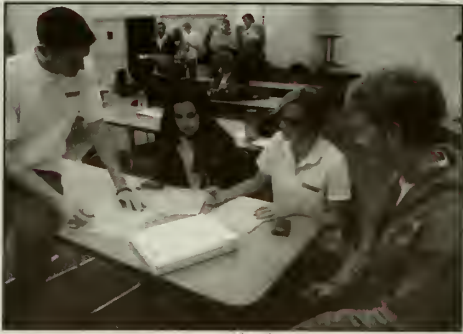


Photo by Nicole Chang - Staff Photographer

Student Experience: (From left) junior Senator Cass Hallagin, freshman Senator Melissa Torres, junior Senator Mayan White and sophomore Steven Shirk discuss locations of bike racks and smoker stations at last Monday's ASCLUG Senate meeting.

Senate passes bill for student movie 'Robox'

[SENATE, from Page 1]

allocation of \$7,500 to fund the CLU student produced short movie "Robox."

Before voting, a debate ensued about whether or not these funds would help all students. Stephen Shirk, a member of the "Robox" crew was there to answer questions.

"Some of the materials bought with this money would be able to be rented out at media services," Shirk said. "It would give the students in the multimedia department more equipment to use."

Most of the money will go to renting a Red One camera for three days.

The hope is that with the money, "Robox" will be able to demonstrate the talents of CLU students and enrich the multimedia department.

After the large group discussions and voting, Senate then broke into groups to discuss other projects.

Sophomore Senator Arturo Juarez and his fellow Outreach Committee members worked on ways to reach out to students.

"Earlier this year we had an online survey to get feedback from the students," Juarez said. "Now we are sifting through all the surveys to determine how we are doing as a Senate."

One of the other groups was Go Green, which focused on making CLU environmentally friendly, as well as planning activities for Earth Week.

Student Experience spent time analyzing spots and situations on campus that should be changed to make life easier for students, and the Student Pride Committee finalized details for the third and final CLU T-shirt exchange happening this Friday.

Senate meetings start at 5:20 p.m. every Monday night in Nygreen 1.

Protests seek to protect college education

[WALKOUTS, from Page 1]

with these efforts though, students from across the nation say that it isn't enough and that programs should not be cut, which will hinder their education.

"As a college student, I am sympathetic to the UC students because I know how the feeling of financial unease works," said Kelsey Dunn, senior liberal studies student. "People also have to understand that we have been in a state of recession for quite some time, so for the UC system to feel like they are single handedly dealing with the recession is a little unnerving."

For the UC system to look at themselves as more deserving doesn't bode well with me, she said.

As the educational walkouts took place, students held one common goal and that was to convince the university educational systems across the country

that something must be done in order to preserve higher education.

According to the New York Times, "California's public education system has been racked by spending cuts because of the state's financial problems, which include a looming \$20 billion budget deficit. Layoffs and furloughs have hit many districts and school systems, along with reductions in course offerings and grants."

"How are we going to save the future if we can't even get into our classes," said Reid E. Milburn, the president of the Student Senate for California Community Colleges.

Students and faculty are expecting the state of California to figure out a way that it can preserve public higher education and restore the education program that has been halted by extreme debt.

Changes to student loans to come

Jakie Rodriguez
Staff Writer

Subsidized, unsubsidized, federal and Stafford. Student loans can be complicated.

While the process of deciding what type of loan one will receive can be difficult enough, the real hassle arrives when it comes time to repay the loans.

In an effort to reduce some stress and lower the costs of student loans, the federal government made some changes that became effective last July.

According to consumerismcommentary.com, "borrowers who work for non-profit companies or the government will qualify for student loan forgiveness."

Student loan forgiveness is a policy where after 10 years, the remaining balance left on the loan will be erased by the government.

The student loan forgiveness has some students reconsidering their career choice.

"I have a lot of student loans so I would love to work at a non-profit company to reduce my loan amount," said Kristina Rodriguez,

California Lutheran University graduate student.

However, another type of federal loan, the Perkins loan, allows for the remaining balance to be wiped away after only two years.

"Individuals who work at non-profit companies that aide at-risk children in the community can qualify for the Perkins loan forgiveness," said Letisia Rodriguez, former Perkins loan recipient and children's social worker.

Another change in student loans applies to an interest rate to new loans.

Any subsidized Stafford loan that is taken out before June 2010 will have an interest rate of 5.6 percent. Changes to federal loans may be of the most assistance to loans that are not backed by the government.

"[The economy] makes it harder to pay back loans, which may make [the bank] more shy to give loans," said Kirk Lesh, CLU instructor and senior economist of the Center for Economic Research and Forecasting.

However, student loans that come from the government will not be affected by the current economic state.

A portion of student loans are guaranteed by the government, Lesh said, which allows students to at least turn to the government for financial aid if they are unable to receive an outside loan.

The security of federal loans puts some students at ease.

"With the economy the way it is, I am glad that at least federal loans will be available as outside loans seem harder and harder to receive," K. Rodriguez said.

Borrowers are not the only group that will benefit from the new changes in student loans.

Last year, the Department of Treasury and Federal Reserve Board created the Term Asset-Backed Securities Loan Facility (TALF), which helps lenders receive more money.

The TALF allows "banks to use loans as collateral to get money from the Federal Reserve Bank of New York," Lesh said.

However, besides being able to collect money based on your loans, the TALF will have no real affect on the borrower and often times, will not even know if their loan will be used as collateral.

New laws designed to protect students

Breanna Woodhouse
Staff Writer

The Credit Card Accountability, Responsibility and Disclosure Act of 2009 went into effect on Feb. 22, 2010, and will impact college students who apply for a credit card.

The legislation is designed to improve consumer disclosures and end some unfair and deceptive practices in the credit card industry. New provisions include specific rules and restrictions designed to protect college-age students.

One of the new guidelines is that a credit card cannot be issued to anyone younger than 21 unless they have a cosigner, such as a parent, guardian or spouse, or can provide proof of a means to pay their credit.

In addition, the law bans credit card companies from giving students freebies, such as free T-shirts, in exchange for signing

up for a credit card on or near campus or at college sponsored events.

The act also prohibits creditors from issuing a credit card to students who have not applied for one first, and requires that students who do apply submit proof of income and financial history.

"I'm glad that I'm over 21 because I would not be able to get a credit card since no one would be able to cosign with me and I don't have a full time job," junior Jessica Mew said. "It would definitely put me in a sticky situation, luckily I already have my credit card and I'm 21. I understand why the law exists but it's still maybe a little too strict."

According to a 2008 study by Sallie Mae, provider of saving and paying for college programs, college students carried an average balance of \$3,173 on their credit cards last year.

"I think this law is a good idea to have a person obtain a credit

card if they are over 21 because you now have to prove that you can pay it off. If a person wants a credit card so bad then they should just get a debit card," junior Rachel Hubbard said.

Along with the provisions on college students, the Federal Trade Commission's Free Credit Reports Rule will require disclosures in advertisements for "free credit reports."

For example, any Web site offering free credit reports must include a disclosure that mentions free credit reports.

The disclosure must include a clickable button that reads "Take me to the authorized source" and clickable links to AnnualCreditReport.com and FTC.GOV.

The Fair Credit Reporting Act guarantees you access to free credit reports from each of the three nationwide credit reporting companies: Experian, Equifax and TransUnion.

IN BRIEF

Vandalism called hate crime

On Sunday, March 14, 20 Mt. Clef Hall residents found their cars vandalized with graffiti. Graffiti was also left on one of the outside residence hall windows of Pederson Hall.

According to an e-mail from Bill Rosser, vice president of Student Affairs, a swastika was "placed on a location where someone of the Jewish faith resides with a presumed intent to intimidate."

This incident was classified as a hate crime and is being investigated by the Ventura County Sheriff's Department.



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CALENDAR

<div>March 17</div> <div>Wednesday</div> <ul style="list-style-type: none">• Karla Wildberger: Planted to Benefit the World 10:10 a.m. Samuelson Chapel• The Need: Taradactyls 10 p.m. SUB	<div>March 18</div> <div>Thursday</div> <ul style="list-style-type: none">• Traditional Ghanaian Dance Workshop 3:30 p.m. Dance Studio• "Home Free!" and "The Most Massive Woman Wins" 8 p.m. Black Box Theatre	<div>March 19</div> <div>Friday</div> <ul style="list-style-type: none">• West African Music and Dance: Saakumu Dance Troupe 8 p.m. Samuelson Chapel• "Home Free!" and "The Most Massive Woman Wins" 8 p.m. Black Box Theatre
<div>March 20</div> <div>Saturday</div> <ul style="list-style-type: none">• Hike to Sycamore Canyon/Beach Workshop 12:30 p.m. Samuelson Chapel• Love and Hope for Haiti Concert 4 p.m. Samuelson Chapel	<div>March 21</div> <div>Sunday</div> <ul style="list-style-type: none">• "Home Free!" and "The Most Massive Woman Wins" 2 p.m. Black Box Theatre• Lord of Life Worship 6:15 p.m. Samuelson Chapel	<div>March 22</div> <div>Monday</div> <ul style="list-style-type: none">• ASCLUG Senate Meeting 5:20 p.m. Nygreen 1• ASCLUG Programs Board Meeting 7:15 p.m. Nygreen 1
<div>March 23</div> <div>Tuesday</div> <ul style="list-style-type: none">• Hunger Awareness Dinner 6 p.m. Samuelson Chapel• Film: "Praying In Her Own Voice" 7 p.m. Roth Nelson Room	<div>Next Week: March 24 - March 31</div> <ul style="list-style-type: none">• University Chapel: Chris Kimball - Planted to be Pruned• The Need• Arete Vocal Ensemble• Spring Break <div>Do you have an event to submit to <i>the Echo</i>? E-mail date, time, location and contact information to echo@callutheran.edu</div>	



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FEATURES

A smile a day goes a long way

Sodexo employee Alicia Villalpando has been greeting hungry students with 'Hola mijo' for 25 years

Brad Henrickson
Staff Writer

If anyone has been to the CLU cafeteria within the last 25 years, you have been greeted with a warm smile followed by the phrase, "Hola mijo!"

This traditional Latin American phrase of endearment has become renowned throughout the campus because of long-time Sodexo employee Alicia Villalpando.

Villalpando has worked in the California Lutheran University cafeteria since April 1, 1985, first in the kitchen, then seven years ago she moved to cashier, where she is best recognized.

She has left an impression on students who eat at the cafeteria.

"I look forward to eating just to hear her say 'hola mijo,'" sophomore Matt Lewis said.

Very humble and soft-spoken, she smiled when she found out about her interview.

When asked to answer some questions she said, "No don't ask me, ask everyone else downstairs; they deserve it."

This subtle and sweet disposition is what makes Villalpando such a memorable part of the student's eating experience.

The sheer love and respect Villalpando has for every student [See VILLALPANDO, Page 6]

Behind the Scenes with Sound the Sky

Jorge Martinez
Staff Writer

Local band, Sound The Sky, seeks support to become one of the many bands to play at the Vans Warped Tour.

The tour crosses the country and is scheduled from April 9 to August 15. It is known to be one of the most attended tours in the United States and it is also highly competitive. Bands rely solely on fan voting to get onto the tour.

The band is made up of four very talented students: CLU senior and guitar player Chris Capellini, lead vocalist Cassie Purtlebaugh, bass player Shawn Averill and Gilbert "Gibby" Lopez on drums, who all strive to help people openly search for a belief system.

Capellini and Purtlebaugh created the name for the band about a year ago.

"It encourages people to sound their truth," Purtlebaugh said.

Sound The Sky performed at the CLU-sponsored Haiti benefit concert last month. The band also performs all over California, including locally in Camarillo.

Lyrics are something that is very important to the band, and Capellini believes that having positive lyrics is a unique and essential asset to their music.

"We care about the message that is portrayed in the lyrics," he said. The band's lyrics are not religious, but positive and open to interpretation.

Averill joined the band a couple months after its initiation. After searching for a drummer, the band finally found one - "Gibby." He is a brand new member that became part of Sound The Sky only weeks before the results of the bands were announced for the tour.

Lopez is very excited to have joined Sound The Sky and thinks that having a female as a lead vo-



Photo courtesy of Sound the Sky - myspace.com/soundthesky
Rocking Out: Cassie Purtlebaugh passionately sings at local performance.

calist is great.

"The overall sound of the music is what pulled me toward Sound The Sky. It is just so much different than anything else," he said.

Sound The Sky claims to be a form of alternative rock with a twist.

"We play a different type of sound, it's a type of alternative 'riff' rock," Averill said.

Lopez also likes the direction that the band has taken. "I like this band because we are serious musicians with a direction," he said.

Their combined skills and interesting sound is what the band had counted on in order to make it to Vans Warped Tour, but unfortunately came up short.

The top 100 bands with the most votes move on to the next stage where their music is evaluated by judges. The judges then pick four bands for each day of the tour, which are then allowed to perform.

This young band's efforts will have to prepare for upcoming concerts and tours.

Reel Justice celebrates International Woman's Day

Courtney Minton
Staff Writer

International Women's Day is a day to reflect on how far women have come from the days of oppression. But what if you live in a country where that oppression still exists?

The film "View From a Grain of Sand" was the latest film in CLU's Reel Justice Film Series. This film examines these issues through the eyes of three Afghan women: a doctor, a teacher and a rights activist. These women, who are part of Revolutionary Association of the Women of Afghanistan (RAWA), fight for their rights every day.

The women, who writer and director Meena Naji followed and filmed, risked their lives by secretly filming horrible treatment of women.

"A woman was beaten because her shoes made too much noise as she walked," Naji said. "Everybody we talked to had a very intense story."

This film took Naji to the dangerous depths of Afghanistan. What she discovered was horrifying. The context of how the Taliban came into being was one of the main focuses of the movie.

"I was horrified when I first heard about the Taliban," Naji said. "But the Taliban is not the problem. It's the rooting of this extremist Islamic ideology that they have instilled."

Women aren't allowed to work and, in turn, aren't provided with healthcare. If they have an injury or ailment, they won't get treatment because there are no women doctors and the male doctors are

[See WOMEN, Page 6]

Choir students budget their funds for Italy tour

Nessa Nguyen
Staff Writer

College is not only a time for earning academic credits and having fun, but also transitioning into an adult life of independence and financial responsibilities. For CLU choir students who are paying the \$2,500 fee to go on tour in Italy this summer, the realization happens to kick in early.

Starting on May 16, members of the CLU Choir and Women's Chorus will depart for their seven-day tour in Italy.

The trip organized by Gateway Festivals and Tours brings the students to perform in various cathedrals and churches while showing them the very best sights of Milan, Venice, Florence, Rome and the Vatican.

Even with assistance from the mu-

sic department, each student still needs to contribute \$2,500 toward their personal costs, which is to be paid in increments of \$100, \$200 and \$500 over four months.

The package includes plane tickets, hotel fees, continental breakfast and transportation in Italy. Students will have to be prepared to cover lunch, dinner and possibly souvenirs on their own.

"It's a very good deal," junior Jessica Seaton said.

Fundraising efforts such as bake sales, recycling and change collecting have been made by choir students to alleviate the costs among themselves. However, lack of funding is a major reason why a number of people cannot afford to make the trip.

"I can understand if there are those that decided not to go. [But] it is totally worth it. Dr. Morton has

been working very hard to make sure that we'll really enjoy our stay in Italy" said Katey Wade, president of CLU Choir.

Although there is much to look forward to during this opportunity of a life time, participants first have to deal with a big payment that competes with their student loans and personal expenses.

Katie Wade
Choir President

Junior Miguel Tenorio is currently a member of the choir and jazz ensemble a club, aCLUpella, the new acapella club on campus, and Lord of Life worship. He also works 10 to 20 hours a week between his

three jobs as an Events staff, a math tutor and a Fun Flicks employee.

"I have to work a lot of extra hours to make money for the trip. I [still] had to take out a loan," Tenorio said. Unlike Tenorio, both Seaton and Wade had to quit one of their two jobs because they can no longer maintain the commitment.

Wade currently has an intern position within a church, which not only helps her pay for the trip but also provides communal support. Seaton is consumed in fulfilling her teaching credentials and working as a resident assistant in Pederson Hall.

"Budgeting" seems to be an alien term for these students because it is not budgeting when they do not have any money.

"I don't budget because I hardly spend money on anything except gas, laundry and loans," Seaton said.

She cannot stress enough on the importance of saving because it prepares one for unexpected expenses and gives them a good start at becoming financially independent.

Tenorio gives a tip of keeping mental notes of how much money you have and regularly checking your account balance online.

"I don't spend money on something I don't need. I guess I'm responsible," he said.

The upcoming Italy tour is certainly a fascinating opportunity for choir students to visit and learn about the country's rich culture and history, to fulfill their passion of vocal performing and to bond with each other.

However, if there is something everyone can take away from this, it is an insightful lesson about how difficult and rewarding it is to be financially responsible.

CAMPUS QUOTES: Who is your favorite professor on campus?

Alissa Quon



“Dr. Tierney.”

Rola Hawatmeh



“Dr. King.”

Nick Ballou



“Professor Weltz.”

Erika Barber



“Dr. Hawkins.”

If you have an idea for a Campus Quotes question, e-mail it to the Echo at echo@calutheran.edu

Sandy, grainy view opens eyes *Brightening up the cafeteria since 1985*

[WOMEN, from Page 5] not allowed to touch the women.

The mistreatment of women became acceptable through the Taliban regime. Men began to use religion as a justification for beatings, and public executions became customary.

“Women are viewed as a distraction away from God,” Naji said. “They became acceptable targets for abuse in the name of religion.”

In Afghanistan, because of the constant war, there is severe psychological damage among all

people. Ninety-eight percent of the country is severely depressed. Women now shoulder the burden of depression from war and beatings.

“The beatings are blamed on the women. It’s not who beats her, but what she failed to do to cause the beatings,” Naji said. Since the Taliban has been taken down, there are approximately 2-3 million women students out of about 6 million students total. As a result, schools have been burned down and teachers who teach these women are being killed.

There has also been a law put into effect legalizing marital rape. This law states that a woman must provide her husband with sex at least once every four days. This law also legalizes marriage to, and rape of, minors. Because of this, women are considered property.

Naji’s main objective for showing this film is to show how much our action here impacts people over there.

“We have impacted women in a pretty negative way so far. Generally people are good hearted here and if they

know what’s going on and we need to keep our eyes and ears open to know what is going on in our name. The women of Afghanistan deserve the same rights that we have.”

Photos courtesy of sec.hu



Photo by Doug Barnett - Photography Editor

“Hola mijo”: Alicia Vallalpando swipes a student’s ID card in the cafeteria.

THE FASHION PLATE: A HEALTHY SERVING EACH WEEK

Bellbottoms are back, again



Heather Taylor

“Can’t stay at home, can’t stay at school/Old folks say, ya poor little fool/Down the street I’m the girl next door/I’m the fox you’ve been waiting for.”

One of my friends recently said, “I’m nostalgic for eras I wasn’t even born in.” I feel her pain.

Each time a commercial rolls across the TV or Hulu screen for the Kirsten Stewart and Dakota Fanning film “The Runaways,” I am caught in a trance.

“The Runaways,” a biopic based on the lives of ‘70s rock ‘n’ roll singers Joan Jett and Cherie Currie, embraces the era for all of its glam, androgynous worth.

When the film opens this week, it will undoubtedly leave its audience feeling a need to bring the ‘70s back, again.

This will be director Floria Sigismondi’s first full-length film.

Prior to this, Sigismondi was known for her innovative music videos for artists like The White Stripes, Marilyn Manson and Christina Aguilera, with their distinctive trademark of being very ashen, decayed and dream-like with just a hint of appearing musty enough to find in an attic somewhere.

For “The Runaways,” based on a memoir by Currie, the film’s

costume designer Carol Beadle hit up Amoeba Records in L.A. to check out vintage magazines like Circus (strangely enough, I remember reading back issues of that as a child) and Melody Maker and used real-life rock star inspiration in rock stars David Bowie and the New York Dolls.

Costume and vintage stores were hand-combed for the authentic outfits and platforms, the quintessential shoe of the decade, were sought after by custom cobblers all over Sunset Boulevard.

The end result? Over 150 costume changes for the actors.

When the film opens this week, it will undoubtedly leave its audience feeling a need to bring the ‘70s back, again.

Both Stewart’s and Fanning’s portrayals of Jett and Currie stayed true to the decade, but differed from one another.

Stewart as Joan Jett, infamous for her famous black mane of hair and killer attitude, was a true rock ‘n’ roll badass.

Studded blazers, aviator sunglasses, cherry red leather pants paired with imposing platforms and huge belt buckles are all a part of her devil-may-care look.

Fanning as Currie is the sweeter counterpart, but beware of the

deceiving feathered blonde hair and doe eyes.

Fanning rocks the jailbait look with her signature white corset and fishnet stockings, sequined tops and jumpsuits, and draws red lightning bolts onto her face, a la Bowie in the Ziggy Stardust era.

The girls of “The Runaways” don their jet black eyeliner, ruby red lips and bedhead hairstyles and rock out, inspiring future generations like Courtney Love and girl group The Donnas.

Perhaps the biggest thing to come away from the era was the platforms.

No height too tall and no color or design too absurd was rejected for the film.

Andre #1, a cobbler on Sunset Boulevard, who created shoes for KISS and the actual Runaways, worked to create the shoes to fit the era.

“The Runaways” fever has even hit the runway with platforms found in Balmain and Rick Owens shows, and corsets popping up in Dior and Gaultier shows, inspiration to the next generation.

Right on.

“The Runaways” was already released at the Sundance Film Festival in January, but will premiere locally in theaters starting March 19.

[VILLALPANDO, from Page 5] she serves on a daily basis radiates.

“My favorite part of my job? It would have to be interacting with my students, or my mijos,” Villalpando said.

Working in the cafeteria for as many years as Villalpando has, inevitably led to making many friends.

“Every day my freshmen year after soccer practice I’d go talk with her. She’s so nice, and I love being able to speak Spanish with someone every now and then,” junior Jorge Martinez said.

There has not been a day where Villalpando did not have a smile on her face, which explains her positive reputation among the students.

During her years of service as the cashier, Villalpando was bound to witness numerous everyday events in the students’ lives.

“I do not plan on leaving anytime soon. I love this job. I love it.”

Alicia Villalpando Sodexo employee

The strangest thing she had ever seen at the cafeteria involved unfortunate accidents.

“Oh I’m not sure, sometimes students trip on the stairs,” Villalpando said.

How long will we be graced with her presence in the CLU cafeteria?

“I do not plan on leaving anytime soon. I love this job. I love it,” she said.

Students for years to come will get to be able to walk into the cafeteria and get the same kind greeting that hundreds of students have received for years.

the Echo
2009-2010

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Mr. Kingsman crowned



Photo by Carly Robertson - Features Editor

The Gang: Mr. Kingsman contestants pose before the Club Lu event began.

Carly Robertson
Features Editor

On March 12, the Preus-Brandt Forum echoed with laughter as a crowd of 300 students gathered to watch the eight contestants battle for the title of Mr. Kingsman.

ASCLUG president and CLU Choir member Reshai Tate was crowned Mr. Kingsman after winning over judges senior Talia Loucks, CLU alumnus Chase Linsley and Campus Public Safety officer Bill Irwin.

"It represents pride of the school," said Programs Board Committee Chair Anna Meyer. "Students nominate the candidates, which provides for a better atmosphere."

The event did include a whimsical opening dance routine choreographed by dance team captain Margaret Nolan, but tastefully lacked elaborate dresses, big hair and the desire for eternal world peace.

Instead, the contestants were judged on a series of categories: talent, question and answer, wa-

ter wear and formal wear.

Life-size cardboard cutouts of each contestant reading "Only one can be Mr. Kingsman" greeted students as they entered the Forum foyer.

"We started with what had been done in previous years, but we thought the idea of cutouts would be a funny touch," Meyer said.

Though the competition was stiff, the contestants weren't fazed.

"It wasn't a surprise. I've been nominated three times," junior Jesse Knutson said.

Even rookie-freshman Will Kennedy, who hadn't heard of the Club Lu event before his nomination, played it cool while rehearsing his talent on his unicycle before the show. "I've been nominated for stuff in the past," Kennedy said.

Minus the glitz and glamour that stereotypically shadows pageants, Mr. Kingsman proved to be a comical event.

Jokester sophomore Nate Maxwell-Doherty described the night in one word, "magical."

Great minds think alike

Lauren Puopolo
Staff Writer

Cal Lutheran students Claire Whitten and Carly Schmidt put their minds together to create a winning poster for Thousand Oaks 13th annual Arbor/ Earth Day community event.

Professor Barry Burns assigned the poster project to his graphic design class last semester. According to Burns, he asked the class to split up into four teams and come up with a concept that would impress the city of Thousand Oaks.

Burns watched the women create the poster in class. He described their process as creative and courageous.

"The fonts they used were kind of unusual. They used a lot of nice textures that were surprising and different," he said.

The purpose of the event is to promote a healthy, prosperous and sustainable environment by highlighting planet-friendly activities, services and products.

Whitten and Schmidt will be

presented a special award by the mayor of Thousand Oaks on April 24.

"This is so exciting. I really enjoyed working on this project with Carly in Graphic Design. We just worked hard and put our ideas together. I learned a lot in the class and tried to put as much as I could of if into our project," Whitten said.

Schmidt, a junior advertising and public relations major, also commented on the experience.

"Through the whole process Claire and I helped each other as well as gained knowledge from Barry," Schmidt said. "I'm so glad that the contest liked our work and I can't wait to see our poster."

The poster wasn't an easy assignment for Whitten and Schmidt. According to the girls, they had to change their project three times before it was done.

"We found out that we made it to the finals, but we had to redo what the company wanted," Schmidt said. "Then eventually we got an e-mail saying 'hey you won.'"

HE SAID, SHE SAID: A LITTLE OF HIM, A LITTLE OF HER Shopping and a chick flick, his nightmare



Antoine Adams

If only I was a girl. Then maybe I would enjoy and appreciate the value of having the mall and movie theater only five minutes from campus.

Unfortunately all I can think about is how boring the mall is.

There are at least 10 different things I'd rather be doing than shopping and going to see a chick flick.

It always seems to happen whenever I go on a movie date. I get tricked into going to Forever 21 beforehand.

Forever 21 is a two-story megastore with anything a girl could ever want to wear. I'm sorry but there is no appeal to me. I go in and I immediately want to leave. I always hear, "they have guys' clothes, too."

Their guys' section is as big as Trinity's kitchen. A very small section that has nothing I would ever even consider trying on.

It's just never a fun time to be inside Forever 21. I'm always the guy in the store waiting for his girlfriend while she tries out at least 10 different tops that all look the same.

Then you see another guy looking just as pitiful as you do and exchange the common head nod. I know we are both thinking, "how did we ever get tricked into coming here...again."

I lost at least an hour of my life waiting in a store I wouldn't have even heard of if I didn't have a girlfriend. Oh, and there are no seats.

After that daunting trip I had to go sit through yet another chick flick.

All chick flicks have the same plot. I know what I'm getting myself into before I even order my popcorn.

It starts off with a boy meeting a girl. Then girl falls in love with boy. Boy and girl get in a fight and separate. Then they can't live without each other and get back together. The end.

I was desperate for an unexpected twist in the movie to wake me up, but "Remember Me" ended up being another stereotypical, cheesy romance.

However, I was surprised when the movie took the audience in an unusual direction at the end. It kept me from snoring and made every girl in the theater tear up.

If you've seen one chick flick you've seen them all.

There's nothing spectacular about having a mall and movie theater next to each other.

If there was a sports bar where I could watch the Los Angeles Lakers game with a beverage in hand, then I would have something to talk about.



Alexandra Butler

There is something oddly enticing about good-looking men and nice clothes.

Even more odd, I find that clothes can be a lot like men.

A flirty pink shirt catches your eye and you wonder, can I see myself wearing it on a future Friday night?

Is this something I need to invest in?

Unfortunately for my bank account, my answer is usually yes.

Then I have this fabulously scandalous dress hanging in my closet that I wore once to a friend's birthday party.

Just like a man, who's too good looking not to "buy," but ends up being just another number in my little black book.

Or high heels. We look fabulous in them, yet they kill our feet.

Just like the sexy men women have in their lives, they make excuses for them, too.

Then there are sensible jeans that are dependable for every occasion.

Just like men, some are just comfortable to be around and make a girl feel beautiful.

The Oaks mall has created a haven for a lady's addiction to credit cards and beauty.

Forever 21 has recently built a store filled with sparkly dresses, rockstar leggings and vintage chic sweaters.

It is almost overwhelming. It even includes a men's section.

This makes it very convenient to lure even a male friend into the tremendous store with you.

Forever 21 is every girl's dream and every guy's compromise.

A shopper leaves the store with a feeling of power and a self-esteem boost — they came, they shopped and they conquered two levels of shopping heaven.

All this shopping can make anyone hungry and tired.

Well, that's not a problem because they can take a seat and rest in the luxurious seats at the Muvico Theaters.

"Remember Me" is a new movie which premiered this week starring Robert Pattinson who is best known for his character as vampire, Edward Cullen in the "Twilight" series.

"Remember Me" is a love story that has an extreme twist at the end.

Girls will love Pattinson's heroic relationship with his little sister, and emotionally connect to the plot.

The movie surprised me because I thought it would be a cliché romance.

However, the story line sincerely addressed family issues and dynamics and goes deeper than young love.

A shopping trip to The Oaks mall equals a lovely afternoon of shopping, and eye candy at the movie for us women.

Now the trick: convincing a date to go with you.



To submit a story idea, send an e-mail to echo@callutheran.edu, ATTN: features

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OPINION

Race for California's next governor is off to a bizarre start



Jennifer
Nechiporenko

With the primaries for California's next governor swiftly approaching on June 8, it is time to become acquainted with the candidates.

True to the past few gubernatorial elections in California, there are a few candidates who should not be taken seriously and who use their celebrity to get noticed.

Frederic Prinz von Anhalt, better known as Zsa Zsa Gabor's ninth and current husband, announced on Feb. 16 that he will be running for governor as an independent. This is the same man who claimed to have had an affair with the late Anna Nicole Smith and argues that he is

the father of her daughter Danielynn.

And we all thought Gary Coleman running for governor in the 2003 recall election was a joke.

Other celebrity independents include Georges Marciano, co-founder of GUESS? jeans, and comedian Royce Doriazo.

In serious news, there are five hopefuls running for the Democrat and Republican nomination.

The hopeful Democrats include Jerry Brown, Richard William Aguirre, Stephen L. Rush, Edie Bukewinge and Joe Symmon. Brown is the obvious shoe-in for the Democrats and is the only one with any real background and experience in politics.

Brown is the current state attorney general, elected in 2006. He has had a very long political career beginning in 1970 when he was elected the California secretary of state. He was elected

governor of California twice in 1974 and 1978—before the two term limit law was made—which is why he is able to run again. He served as the chairman of the state Democratic Party for three years. Brown also was elected mayor of Oakland in 1998 and in 2002.

The republican hopefuls include Meg Whitman, Steve Poizner, Kevin Goyette, Douglas R. Hughes and Larry Naritelli. The real race will be between Meg Whitman and Steve Poizner.

Whitman has no political background, but she was CEO of eBay for 10 years and has a personal net worth upward of \$1 billion. Whitman's main priorities as governor are to create jobs, cut spending and fix education.

She is also the financial backer of the infamous "demonic" sheep commercial that has gone viral. The political ad attacked

opponent Poizner's spending history and denounced him as a Fiscal Conservative in Name Only (FCINO).

Poizner has more political experience than Whitman and is currently serving as the state insurance commissioner. He is an entrepreneur who founded two highly successful technology companies. Poizner has served on the National Security Council and was elected a lifelong member of the Council of Foreign Relations. His main campaign promise is to cut government spending.

Although both Republican candidates have strong supporters, my prediction is that Whitman will ultimately win in the primaries, and it will be down to Democrat Brown and Republican Whitman in the gubernatorial election in November of this year.

Brown has my vote for the pri-

mary election, even though I doubt he will need it.

As far as the general election, we will see how things play out. I think Whitman is running a strong campaign and will prove to be a tough opponent for Brown.

Overall, it is my opinion Brown is the better choice for California. He has many years of experience in serving California and knows what it will take to get us out of our current issues.

People need to vote for the right candidate for them, the candidate who most closely identifies with their needs and wants as California citizens.

Don't vote for someone simply because your friends are. Know the issues and where each candidate stands before you vote.

If you don't take the time to research each candidate or even watch a debate, then please stay out of the voting booth.

'Pretty Wild' rewards losers



Gabby
Gomez

"Pretty Wild" or pretty pathetic? E! Television definitely hit rock bottom when they came up with their new reality show, "Pretty Wild."

Based on three girls from Westlake Village who are aspiring actresses and models, the show is based around the lives of Tess Taylor, 19, Alexis Neiers, 18 and Gabby Neiers, 15.

As we all know, life in Westlake can be super exciting—not. So these girls make their own fun and trouble to spice up their dull town.

These aspiring Hollywood socialites attempt to follow in the footsteps of Andrea Neiers, mother and manager. Neiers was a Playboy Playmate in the 1980s, and encourages her daughters to take part in the entertainment industry.

She, of course, encourages her daughters to imitate the lifestyle of the rich and famous, though it is obvious they are still aspiring models.

"Momager" Neiers is setting a poor example for her daughters. She should be taking this time in the girls' lives and teaching them values such as budgeting, respect and upstanding citizenship.

The Neiers' mother has gotten her daughters a reality show instead—the perfect tool for growing up in the 21st century.

What makes them entertaining enough to have their own E!

reality show when everyone in L.A. seems to be an aspiring model or actress?

Well, the felony charges help a tad.

In the summer of 2009, a pilot for the show was filmed and soon after the family signed on to star in a season with E!

That same summer, Alexis was arrested under suspicion and linked to a number of celebrity robberies. These celebrities included Lindsay Lohan and Orlando Bloom.

It's pretty pathetic that these girls would get any attention for their careers or even their criminal activities.

The show is a wannabe "Keeping up with the Kardashians."

However, I must note the big difference between the Kardashians and the Neiers sisters.

The Kardashian family all have jobs and only one has been linked to any kind of criminal activity. Khloe Kardashian has been arrested for a DUI, but it happened after several seasons on the show. It didn't make her famous.

Additionally, it seems silly to compare these girls to infamous celebrity criminals. Michael Vick had a career in football. Lindsay Lohan acted before she received a DUI.

These young girls are trying to create their career through their reality show.

Tess, Alexis and Gabby are hungry for fame. It has been speculated that the robberies were really just a PR stunt for the "Pretty Wild" show.

If it was just a stunt—it actually worked.

Being linked to a celebrity robbery shouldn't be reason for fame.

It's sad to think that this is how to get a TV show and achieve decent ratings. The worst part is that it worked.

According to an article in the LA Times, one sister complained that if the show had fallen through with E! after the alleged robberies that their family would be in large financial problems.

Why do they have a show based on their "fabulous" lifestyle if it's all fake?

They really are just broke and aspiring actress and model wannabes.

E! sets a poor standard for television networks and is not providing quality entertainment for the nation's youth.

Their newest show is essentially encouraging young girls to aspire to be like the girls on Pretty Wild.

With the youngest Neiers sister just 15, it is shocking to see that the parents would be okay with televising their daughters' antics on national programming.

The girls are shown club-hopping and partying in Hollywood. One sister is under charges for allegedly stealing from countless celebrities in the area. Their mother brags about giving them their daily dose of Adrenaline.

This "Pretty Wild" show rewards criminal behavior.

Where are the shows that encourage actual careers for women rather than being a model?

E! needs to reevaluate its game plan for this TV show.

They need to rethink this Pretty Pathetic show.

Safe ride service needed



Courtne
Batista

Call 1-800-Need a Ride! CLU desperately needs a safe ride program. We should have some sort of program for students who have been drinking and need a safe ride back to campus.

We want students to be smart and make the right decision of not drinking and driving. This service would be the perfect alternative.

Not only will a safe ride service promote safe driving, but it should also lower the amount of drinking that is consumed on our dry campus.

Let's face it—college students will experiment with drinking even if they go to a school that bans alcohol on campus. Providing a designated driver service would allow students to go off campus and drink.

CLU wouldn't have to worry about the potential legal liabilities of underage drinking on campus and students would not have to worry about finding a ride home.

Also, many students are documented for having alcohol in the dorm rooms. A designated driver service could potentially reduce that number.

Other colleges and universities nearby offer these services. For example, USC has a van called the "Campus Cruiser" that students can call to be transported to safe locations after drinking.

Though some may argue that a program like this may promote the idea of drinking, those people are in denial.

CLU students already drink. It's necessary to be realistic when it comes to a subject like this.

This program would just ensure the safety of students and those driving in Thousand Oaks late at night.

The benefits of a program like this outweigh the cons.

Ensuring the safety of CLU students is much more important than worrying about promoting alcohol.

It is just a fact that college is a time when many choose to drink as a way to socialize. Though university administrators pretend they can, we can't stop students from drinking.

In all practicality, we might as well make sure they are being smart and keeping the roads safe.

Additionally, a safe ride service would benefit students who go out late at night and have no other means of transportation at that hour.

Thousand Oaks does not offer the extensive public transportation system that L.A. does. The city's buses run from 6 a.m. to 7:30 p.m. on weekdays, and not at all during weekends.

I propose this idea to the staff here at CLU.

It is important to consider the safety of the university's students a priority.

I believe it is definitely something to consider starting up and giving at least a trial period.

Let's bring our students back home safe and sound.

Racism plagues UC campuses



Julie Randall

Racism has been plaguing California public school universities, especially this past month.

Several white students at UC San Diego hosted a "Compton cookout" party mocking Black History Month.

The students were supposed to dress up like and act according to offensive African-American stereotypes.

Shortly after, a noose was found hanging at the UCSD library.

These may sound like racist acts that would have occurred prior to the civil rights movement. However, all of these incidents occurred within the past month.

It is shocking that the same generation that elected the first black president is at the center of so much racist controversy.

Many argue that the white

students who hosted the racially insulting "Compton cookout" party should not be punished because there was no violence at this party. In a recent L.A. Times blog, readers argued over whether it should be considered an incidence of racism or simply students exercising their right of freedom of speech.

However, this type of party perpetuates stereotypes.

I agree people have the right to say what they want when it doesn't cause defamation or incite violence. However, they also have the responsibility to act in a humane manner.

Although the consequences for these students are still unclear, Gov. Arnold Schwarzenegger recognized the incidents and released a comment saying, "I am deeply troubled by the horrific incidents that recently took place on various campuses of the University of California system. The acts of racism and intolerance that we have witnessed are completely unacceptable and I [... condemn] these terrible incidents."

These students should be punished in some form to set

precedence for future students. That kind of racist and insulting behavior is not acceptable at a high level institution—or anywhere.

These students should not be able to get away with this offensive behavior with only a slap on the wrist by the governor and school president.

Universities should be places where students of all colors, beliefs and orientations should be able to learn in an environment where they feel safe and accepted.

To set an example and make a statement, these universities should be consistent with their ideals and principles, and the students at fault should be expelled.

Editor's Note:

Just prior to the Echo's printing deadline, it was reported there was an issue of vandalism that has been classified as a hate crime on the CLU campus.

A swastika was placed on a location where someone of the Jewish faith resides with a presumed intent to intimidate. Please see the March 24 issue of the Echo for further coverage.



Reshai Tate

To tip or not to tip, that is the real question.

It's amazing how many times we ask ourselves this exact question when we're out.

Although that extra 15 or 20 percent in addition to the bill may not blow our budgets, there are a lot more people expecting tips these days.

We all think we understand the practice of tipping, but in these rough economic times—with tip jars popping up in some of the oddest places—it's about time we re-evaluate.

Typically, tipping is associated with the service industry. Whether it's done to show appreciation for a witty and equally knowledgeable waiter in a restaurant or a skilled hairstylist in a salon, we are expected to tip individuals who provide us with vital services.

Tip jars are becoming more common in self-serving businesses like frozen yogurt shops and buffets—and throwing us all off.

These employees aren't depending on tips to make money; they are paid non-tipped hourly wages like the rest of us.

Unlike traditional servers, tips collected at the end of the night won't drastically affect the pay of high school kids working at Lotus yogurt. Add in the "quality-of-service" factor we use to justify whether or not to tip and things get really

gray.

Perhaps the most confusing tipping situation occurs at the infamous pick-up window at restaurants that also offer table service.

Essentially, just a glorified drive-through window no different than that at McDonald's, tipping is not necessary. Yet, if you ask any server working the restaurant to go order station at places like Wood Ranch BBQ or Chili's, the expectation for a tip is still there.

The restaurant workers at to-go windows essentially package your food in Styrofoam and hand it to you in a plastic bag. Does that sort of service deserve a tip? Not in my book.

Situations like these are awkward and frustrating to say the least. However, the philosophy behind tipping doesn't have to be.

For instance, if you find yourself feeling a little put off by a tip jar at the check-out counter in Vons, it's OK. The hesitation you feel is enough to give yourself a pass and not offer a tip. That tactic should only be applied to tips solicited in these types of unconventional places.

Being selectively frugal and stiffing a waiter at dinner is not acceptable. As for other, not as common or less frequent situations that may involve you tipping, use discretion.

Whether it's the skycap, hotel bellhop or gas attendant, consider your intention behind giving a tip.

Besides addressing the social desirability factor and avoiding looking cheap, tips are a way to show your gratitude. Consider the service you've been provided and tip accordingly.

No pressure.

Protecting yourself from harm



Erica Larson

A photograph of 17-year-old Chelsea King reveals a young girl with big, unsuspecting eyes, and a small, quiet smile.

On March 2, 2010, her body was found in a shallow grave on the south shore of Lake Hodges near Rancho Bernardo Community Park in San Diego, where she had gone jogging in broad daylight just five days earlier. She was also sexually assaulted.

Amber Dubois, 14, suffered a similar fate. Her skeletal remains were found last weekend near Pala in northern San Diego County. She was last seen Feb. 13, 2009, while walking to school at 7:10 a.m.

John Albert Gardener III, 30, is the accused killer of both young girls. He has a previous record of sexual crimes and has been out of prison on parole.

The deaths of King and Dubois have aspects in common.

Both King and Dubois were abducted in broad daylight. They were also both out alone.

While I am not saying if you're a woman, you should lock yourself indoors and never go anywhere without a chaperone, the fact remains that when you are alone, you are more vulnerable.

Even a woman who had the physical strength to fight off an attacker would be susceptible to abduction by someone who had the foresight to bring a weapon, a chemical to knock you out or an accomplice.

If you're with a friend, there is a chance you or your friend might be able to get away and get help. Also, an aggressor might be less likely to try to mess with someone as part of a pair or a group.

Remember you are always safer in numbers, but if you have to go somewhere alone make sure you tell someone where you are going.

Try to give as many details as possible including the location and a telephone number if applicable.

If you are leaving some place late at night, do not be afraid to ask for an escort to your car. If you have to walk alone at night have your car

key ready, watch your back and try to carry mace.

If at all possible, stay in public places. Never be isolated and remain aware of your surroundings at all times by looking over your shoulder and keeping aware of who is in your company.

It is a wise idea to refrain from jogging in parks with wooded areas where you might be attacked and nobody would be able to hear your scream for help.

Even walking on campus it is a good idea to stay on well-lit paths and try to walk with a friend.

Most importantly, remember that even if you think you are not capable of being a victim, you still can be.

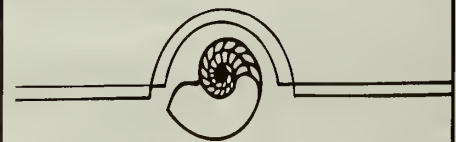
People of both genders, all ages, and all physical appearances can be subject to an attack by an assailant.

The grief experienced by those who knew King and Dubois must surely be great.

Not only have they lost loved ones, but they have lost loved ones to horrific evil and malevolence. Though rape and murder are not new concepts, it is too frequently occurring to simply ignore.

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Please limit responses to 250-300 words.

Letters to the editor must include your name, year/position and major/department.

the Echo

SPORTS

Regals pour it on in game one, fall short in game two

Eight-run first inning quiets the Poets

Amanda Lovett
Staff Writer

The Regals softball team clinched their first conference win this weekend in a hard-fought double header against Whittier in a 10-0, 5-4 split, with both games pulling intense opening innings.

Game one started out with the Regals pulling an eight-run first inning, putting them ahead and creating a deficit Whittier could not overcome.

Back-to-back RBI doubles from senior Emily Robertson and sophomore Talia Ferrari began the game with a head start for sophomore Sara Lichtsinn to continue in the first inning with a pair of runs that put CLU up 4-0 in the top of the first.

Junior Katy Bateman then took a single straight up the middle to score three runs, thanks to three Whittier errors, putting the score at 7-0. Junior Lizzie Novak then sent Senior Nikki Campbell from third into home with a ground ball, which kept the score 8-0 to conclude the first.

The Regals then scored two runs in the third inning when Robertson hit a triple into right field; Bateman hit 2-2 with an RBI, which placed the score at 10-0 the rest of the game.

Ferrari pitched the entire game, with five innings and only five hits, while striking out three of Whittier's best.

However, while the Regals upheld their win in the first of the double-header with great defense, this was not the case in the second.

"During the first game, we came together, got a lot of hits and scored a lot of runs. It's what we should have done early in the second game," senior Brittany Ordos said.

Whittier opened up the first inning of the second game with a three-run streak. Mary Pacheco got a first plate run, which was followed by Molly Yriarte's left-side single, which brought them both home.

Jennifer Luders brought Amanda Carrasco home with a right-field single to end the top of the first with a score of 3-0, Whittier. Whit-



Catching Fire: Senior Emily Robertson helped spark an eight-run first inning against Whittier with an RBI double.

Photo by Kevin Baxter - Sports Information

tier scored two runs in the second, and Cal Lutheran was never able to catch up, though they made it close.

The second inning was the beginning of the Cal Lutheran comeback, set into motion by Ferrari's right-field triple in which she reached home due to a throwing error in Whittier's outfield, which cut the deficit to 5-1 at the bottom of the second.

Junior Allyson Salas scored her first hit of the season with a single to right field during the fifth inning and her second bat of the year. She then relieved senior Lizzy Chacon and pitched three innings with only one hit and no runs.

Lichtsinn then brought junior Breanna Johnson home (who had come on the field to run for Salas), with her RBI single to left field. Bateman then hit a single, which left the bases loaded with two outs in the fifth, but were unable to get another run home.

With a 5-2 deficit in the sixth, the Regals were determined to try as

hard as possible to come back from the early slash they received from the team they had conquered earlier in the day.

"I felt like the team really supports each other with positive attitudes, backing each other up," Robertson said. "We missed an opportunity and came out a little slow in the second game, but we found the energy and positivity."

Robertson doubled, putting her on base as Ferrari singled to the left, allowing Robertson to run

home. Ferrari moved to third on Johnson's bunt and ran home on junior Katie Strang's left fly.

Regals trailed 5-4 in the bottom of the sixth with three outs left in the inning, when Whittier brought in Heather Dady to pitch and closed out the sixth inning that ended the game with a close win for Whittier.

Ferrari pitched the final two innings, relieving Salas, without allowing a single run, two strikeouts and only two hits. Even Geri Jensen contributed to the games,

despite her recent injury. "Geri has been injured, but she came back and made a lot of plays for us today," junior Megan Clow said.

The Regals agree that the downfall in the second game was due to over-confidence, but it is definitely a lesson to learn from for the rest of the conference.

"[In the first game] we came out ready to go, pumped up, and it was contagious," Clow said. "We were just too confident in the second game."

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BE THE MATCH®

Regals drop matches to nationally ranked teams

CLU moves to 6-3 overall, 3-1 in SCIAC play

Josh Larson
Staff Writer

The Regals tennis team opened up the week on Tuesday by playing against Vassar (NY) College.

No. 21 Vassar proved to be too strong an opponent for CLU and handed the Regals their first home loss of the season with a final score of 9-0.

Sophomore Holly Beaman was closest to winning a set with a first-set tiebreak, but ended up falling 7-6, 6-2 to Vassar.

In the end, the Regals could not get anything going against Vassar, which resulted in their first home loss.

"Even though we lost we had some great points and it prepared us for our next opponents," Beaman said.

The Regals got a chance to rebound on Wednesday against Notre Dame De Namur and they did exactly that with a sweep of their own.

The Regals dominated and took a 9-0 win with a sweep in doubles and six straight singles wins.

"We went into the matches with positive attitudes and that really helped out our team," Beaman said. "I think our team is doing amazing this year. Everyone is stepping up and playing the best they can, and I definitely think our team is moving in a great direction."

Sophomores Jordan Leckness and Beaman took a convincing 8-2 victory at No. 1 doubles.

Sophomore Kim Kolibas and freshman Lauren Toohey won the second doubles match 8-6.

Alongside those performances was the third doubles match, which resulted in an impressive 8-1 win by freshman Melissa Dahl and junior Lacey Gormley.

In singles play, Beaman finished her match first against Kaylee Nichols of Notre Dame De Namur 6-0, 6-0 in the No. 3 match.

Kolibas won by the same score as Beaman and Gormley won 6-0, 6-1 in her singles match. Leckness won for the third time this season in No. 1 singles play against Rebecca Cortez with a 6-3, 6-1 finish.

Freshman Carly Mouzes and Toohey played in the fourth and fifth singles spots, and both won their matches by the score of 6-0, 6-2.

Leckness, the No. 22 West Region Ranked singles player, commented on how she thinks the sea-



Photo by Kevin Baxter - Sports Information

Bring Out The Broom: Sophomore Holly Beaman won her No. 3 singles match 6-0, 6-0 last Wednesday.

son is going so far after the game Wednesday.

"So far the team has started off pretty solid; we have a few new freshmen that are really starting to step it up. I feel that by the end of this season we will have improved a lot in doubles and I can see us even exceeding last year's league ranking," Leckness said.

Cal Lutheran's record stands at 6-3 on the season after its win against Notre Dame de Namur and loss to SCIAC rival No. 10 Redlands.

The Regals are in the midst of a six-match home stand ending with Claremont-Mudd-Scripps on April 10 to finish the regular season.

On deck



Cal Lutheran
vs. Salisbury (MD)
Poulson Tennis Center
Thurs. 1 pm

March Madness: an excuse to slack



Andrew Parrone

Fill out your brackets and watch out for those upsets. It's time for March Madness!

Fans across the country are prepared for the start of the NCAA men's basketball tournament, probably the most exciting three weeks in all of sports. The field of 64 (the play-in game was Tuesday) is set and ready to play, with the first round starting tomorrow and concluding with the championship game, April 5, in Indianapolis.

The popularity of March Madness has taken off in recent years because of the growth of the Internet. It is now easier than ever to follow games live with streaming video, and online brackets are fun and easy to fill out.

This has caused problems as well. People at work have easy access to games and box scores on their computers or phones, leading to countless hours of lost work and production. It is estimated that company losses as a result of March Madness run in excess of \$1 billion annually. And there will be more than a few students here watching games during class on their laptops.

Filling out brackets might be the best part about the tourna-

ment. There is nothing better than picking the correct upsets and seeing your top teams move on to the next round.

On the flip side, you can always count on at least one of your teams to get bounced several rounds too early. Some are better than others with their picks, but it is definitely not an exact science.

As recent history tells us, No. 1 seeds earn their distinction for a reason. The last time a No. 1 did not win it all was Florida in 2006, and even they were a No. 3 seed. And No. 1 teams always beat No. 16 teams. Always. It is becoming increasingly rare to find any true Cinderellas anymore.

So who is going to win it all this year? The best place to start is the No. 1 seeds. Kansas is the top overall seed of the tournament and the Big XII champion.

Two years ago, the Jayhawks won the National Championship in thrilling fashion, beating Derrick Rose and the Memphis Tigers in overtime. They are led by the duo of Sherron Collins and Cole Aldrich, key contributors from the last championship.

Duke earned the No. 1 seed in the South regional by winning the ACC. Coach Mike Krzyzewski seemingly always has a contending team, but the Blue Devils have failed to come up big in the tournament in recent years. This year, the trio of Jon Scheyer, Nolan Smith and Kyle Singler hope to reverse that trend and add to Coach K's three

championships.

Syracuse, the Big East Champion, is the No. 1 in the West. Coach Jim Boheim is one of the best in the business, having won the title already in 2003. The Orange have been a very balanced scoring team this year, with transfer Wesley Johnson shouldering the most responsibility. They have also relied heavily on the leadership of senior Andy Rautins.

And of course there is Kentucky, the top seed in the East. The Wildcats have one of the richest basketball traditions in the country, and hope to add to their legacy this year after several seasons of mediocrity.

John Calipari assembled a loaded freshmen class this past year, led by star point guard John Wall. The young Wildcats are probably the most athletically gifted team in the tourney, but their inexperience and youth could come back to bite them.

Of course, there are other teams that stand a fighting chance, and every team in the tourney has the same opportunity to cut the nets down in the end. But for brevity's sake, I'll leave it at those four.

People love March Madness because you have to expect the unexpected.

The only thing I know for certain is that I'm picking Kansas to win it all. Whether or not they prove me right remains to be seen. But for the next three weeks college basketball definitely has my attention.

Polo star takes team-first attitude

Andrew Adams
Staff Writer

From the first time Meredith Butte arrived on campus, she has been an integral part of the water polo team.

During her career, she has experienced personal and team success, culminating in the Regals appearance in the NCAA Championships this past season.

Butte arrived at California Lutheran University in 2008 after transferring from the University of California, Berkeley. In her first year as a member of the Regals, Butte earned a place in the Collegiate Water Polo First Team All-American list as well as a place on the all-SCIAC first team.

"Meredith Butte is the epitome of a team player in that she cares more about the team's success than her own individual success," coach Craig Rond said. "She is the type of athlete that comes along once in a coach's career."

The 2009 season was a banner year for both Butte and the Regals. The Regals were able to capture their first SCIAC championship by defeating Pomona-Pitzer. This great team accomplishment is something that will always remain in Butte's memory.

"The highlight of my California Lutheran career is winning the SCIAC championship at Pomona," Butte said. "It was a great feeling and it was truly a team effort."

Not only did the Regals win the

SCIAC championship that year, but Butte became the first CLU player to be named the NCAA Division III Player of the Year and also became the first CLU player to be named to the Collegiate Water Polo All-America First Team multiple times. Coming off such an impressive season, Butte and the Regals will face pressure to continue their success.

"This year really rides on the way we can adapt to change. Now that we have won the title everyone is going to bring their 'A' game and we need to be sure we can adapt to everything they throw at us," Butte said.

The Regals will certainly have a bulls-eye on their back this season as the defending SCIAC champions. However, Butte feels that this team is especially well equipped to deal with that challenge.

"I think that this team in particular is especially hungry for another championship. We are focused and take everyday seriously," Butte said.

With six freshmen on the team this year, upperclass leadership will be extremely critical to the Regals' success in navigating their SCIAC schedule. With seniors such as Butte and Joy Cyprian, the Regals should be in good hands.

Over the past two seasons, Butte has reached heights never before seen in the Regals program. If her career to this point is any indication of how she will perform this season then there still might be more records left to be broken.

Cal Lutheran rolls over nationally ranked opponents

Kingsmen take down a pair of Texas teams

Christine Nguyen
Staff Writer

CLU men's tennis served up their fourth sweep of the season against the University of Texas, Tyler, with 9-0 last Wednesday.

Having to face Redlands and Mary Washington, the University of Texas, Tyler, (UT-Tyler) was the first nationally ranked opponent the Kingsmen played with a strong end.

Seniors Ryan Lassila and John Karsant, at No. 2 doubles, were victorious in defeating the nation's No. 9 team of Brad Fenter and Nick Kreines of UT-Tyler, 8-3. The Kingsmen also defeated the other doubles matches finishing 8-4.

The windy weather played to the Kingsmen's advantage, helping the underdogs.

"We like the wind because we play yearlong with the wind," junior Andrew Giuffrida said. "For the other teams, it's tough for them to play since it's windy, but it's easy for us."

Placing the Kingsmen only one point away from holding the victory, Giuffrida won the No. 1 singles match 6-1, 6-1.

Freshman Ray Worley also benefited the team with a 6-1, 6-2 win at No. 4 singles.



Photo by Maxx Buchanan - Staff Photographer
Ace: Senior Ryan Lassila picked up a victory over No. 15 Erick DelaFuente.

The Kingsmen defeat over UT-Tyler helped improve their standing because it was a boost to their regional ranking since they're both in the western region.

"It was important to beat them as much as possible since [UT-

Tyler] lost to our conference rival Pomona-Pitzer 5-4," coach Mike Gennette said.

Gennette mentioned that the team beating UT-Tyler, 9-0, only improves Cal Lutheran's image compared to Pomona's.

CLU is currently ranked No. 15 in the nation in the NCAA Division III and is continuing to move up the ranks as it defeats these top schools.

The Kingsmen have an 8-0 record and beat four nationally ranked teams thus far and are tied for first in conference with Claremont-Mudd-Scripps.

The CLU men's tennis team anticipate playing C-M-S at the very end of the season, and they believe they have a good shot at winning.

This year the team has three seniors, and Gennette believes this year will shape to be the best of their four years.

"We have great senior leadership this year," senior Jordan Culpepper said. "We have one of the toughest schedules in the nation, but with the tight bond with everyone on the team, we can pull through."

For the next few games, CLU will face eight consecutive teams who are nationally ranked in Division III. Their top competitor will be University of California, Santa Cruz, who is ranked No. 1 in the nation.

With this tough schedule, as Culpepper mentioned, these will be the most competitive matches in their season.

"The attitude of [the team] I would say, these guys are coming together for a common cause," Gennette said. "Everyone on the team is on the same page and are working very hard, but at the

same time they are having a lot of fun."

On Sunday afternoon, the Kingsmen went on to beat No. 13 Trinity University of Texas 7-2 at the Poulson Tennis Center for their eighth win in a row.

After dropping two of the three doubles matches, the men emerged victorious in each singles match to turn the contest around and send Trinity packing.

SCIAA Standings

1. Cal Lutheran (8-0, 3-0)
2. Claremont-Mudd-Scripps (7-2, 3-0)
3. Pomona-Pitzer (5-1, 2-1)
4. Redlands (8-4, 2-1)
5. Occidental (5-3, 1-3)
6. Whittier (5-6, 1-3)
7. Caltech (3-5, 0-4)

On deck



Cal Lutheran
vs. Salisbury (MD)
Poulson Tennis Center
Thurs. 1 pm

Knights volleyball take CSUCI to five sets in loss



Photo by Robyn Foynter - Staff Photographer
Big Swing: Junior Mike Cleveland hits the ball off a CSUCI block in game four of their match last Tuesday in the Gilbert Arena.

Young team hangs in until the very end

Sasha Volnovich
Staff Writer

The Knights club volleyball team of California Lutheran University took their opponent to five games last Tuesday, March 9, but were not able to come away with a win.

The Knights suffered a loss against California State University, Channel Islands, ending their season.

CSUCI had a lot of deep spikes with nice placement, putting them ahead of CLU, 24-18, in the first game, which ended with CSUCI serving an ace to finish the game.

The Knights were able to come a little closer in the second game, but miscommunication errors enabled CSUCI to come away with another 25-21 win over the Knights.

CLU turned their game around in the third. Freshman Hunter Horn and senior Matt Lee sent a handful of spikes that CSUCI could not return. The Knights grabbed their first victory over CSUCI in the third game.

"It was great having Kellee Ro-

esel [the CLU women's volleyball coach] there for support and advice," Lee said.

CLU kept their momentum through the fourth game, and were again able to earn another 25-21 victory over CSUCI, which put both teams even with two wins going into the fifth and final game.

CLU senior Graeme Bill's defensive effort helped the Knights stay within reach, but CSUCI was able to hold onto the lead, beating the Knights 16-14 in the fifth game.

"We really wanted to win. Unfortunately, there were a few mistakes we made at crucial times. It was great to go five games with them. We proved that although we are a brand new team, we can still hang," Lee said.

Other players believe if the team would have managed a better start, they could have walked away with a win.

"I feel like the game went better than the past times we have played them. If we had started playing at the beginning of the game instead of turning it on at the start of the third game, we could have pulled off a win," junior Sam Lovetro said.

Members of the Regals volleyball team have come out to support their male counterparts just as the men cheer on the women

in the fall.

"It is nice having some of the guys at CLU be able to participate in the sport. They are some of our biggest fans at Cal Lu, and their games have been fun to watch," sophomore Jacki Richards said.

This season the Knights have met up with Cal Tech, Azusa Pacific University, Biola, Claremont and CSUCI.

Lovetro said they have come a long way since the beginning of the season. The Knights practice once or twice a week to stay conditioned. The two-hour practices are "pretty flexible," allowing the guys to participate in other school activities on campus.

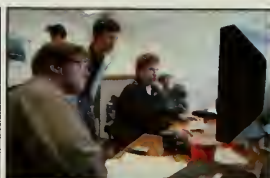
"The team was mainly brought together by Graeme Bill. He is the captain and as much of a coach as we have, but there was obviously a lot of student interest to form a team," Lovetro said.

Lee said that the Knights club team is looking to replace the seniors on the team for next season. "We would love for them to come out to a practice and show us their stuff. We are looking for guys who want to play volleyball at a more competitive level," Lee said.

Lee encourages those interested in joining the club to check out the Knights volleyball page on Facebook, or contact Lee at mtleee@clunet.edu.



Anti-hate rally held in response to recent events
Page 3



Student movie uses the latest and greatest
Page 5



Baseball 7-3 in last 10 games
Page 12

the Echo

March 24, 2010 Vol. 55 Number 7

Banana slugged

Tennis knocks off defending national champions UCSC

Josh Larson
Staff Writer
and
Trace Ronning
Sports Editor

Two top 10 teams collided in Santa Cruz on Saturday. One, the top-ranked, defending national champions. The other, an upstart group with a 10-0 record with much to prove.

The No. 10 Kingsmen took their undefeated record to the University of California, Santa Cruz, and emerged victorious after numerous failures against the Banana Slugs dating back to 1998.

"Going in, I thought we had a good chance, comparing their players to our players I thought we had a 50-50 chance to win it," head coach Mike Gennette said.

The match pitted a slew of ranked singles players and doubles teams against one another. The Kingsmen's No. 1 team of Andrew Giuffrida and Nick Ballou - ranked third in Division III - took down the No. 1 team in the nation in Santa Cruz's Marc Vartabedian and Brian Pybas 8-5. In No. 2 doubles, the No. 15 team in the nation, Ian Stanley and Erich Koeing, were topped by CLU's Ryan Lassila and John Karsant by a score of 8-5.

[See TENNIS, Page 12]



Red in Unity: CLU students, staff and faculty were invited to sign an anti-hate pledge following the rally held Monday morning. The pledge will be displayed in the Student Union Building.

Vandalism classified as hate crime

Jackie Rodriguez
Staff Writer

A popular Black Eyed Peas song entitled "Where is the Love?" is exactly what some CLU students are wondering.

Sometime between 11 p.m. last Saturday and early Sunday, an individual vandalized 20 cars and the outside of one dorm room in Pederson Hall on California Lutheran University's campus.

"It looks like [the suspect] started at Mt. Clef and finished at Pederson," said Fred Miller, director of Campus Public Safety.

The vandalism on the vehicles were all in the vicinity of Mt. Clef Hall and included two swastika symbols and sayings like "LA," "Sick Car" and "Go Blue."

The writing on the cars and the dorm room "appears that it was all done by the same individual using the same grease marker," said William Rosser, vice president of student affairs and dean of students.

Junior Yerald Torres was one of the owners of a vehicle that had a "LA" sign on the back of her car and was grateful that the writing was done with a grease marker.

"I was glad it was only a removable marker, so it seems that the perpetrators were only looking for something silly to do," Torres said.

While two vehicles parked near

Mt. Clef had swastikas drawn on them, the police only classified the swastika drawn on the dorm room window as being a hate crime.

The police classified the graffiti on the dorm room window as being a hate crime because it fits the definition in the California Penal Code since a person of Jewish faith resides there.

According to the California Penal Code, an act is classified as a hate crime if there is "injury or threat to [a] person or damage to property based on perception of person's race, color, religion, ancestry, national origin, disability, gender or sexual orientation."

While the vandalism/graffiti [See HATE CRIME, Page 2]

Unseen problem in N. Korea

Breanna Woodhouse
Staff Writer

The North Korean government prohibits freedom of speech, press, assembly and association. Not only wrong-doers, but "wrong-thinkers" are punished. Almost everything is controlled, and there is virtually no access to outside information.

On March 18, a National Geographic documentary was shown in the Samuelson Chapel titled, "Inside North Korea."

The event was hosted by seniors Megan Springer and Kelley Fry in conjunction with Liberty in North Korea (LiNK).

LiNK is the only nonprofit and non-partisan organization that provides aid and protection for North Korean refugees.

The event was designed to bring awareness of the oppression in North Korea and to provide a glimpse of what life is like for people living in there.

"What's unique about this situation in North Korea is that it is so unknown, which is mainly by the nature of the country," LiNK West nomad Mel Batie said.

LiNK consists of four nomad teams based on location including the West team, Heartland team, Southeast team and North-east team.

Each team tours different universities, colleges and high schools in their region and promote awareness of their efforts

[See LiNK, Page 3]

College Democrats take part in nationwide day of protest

Jenny Guy
Staff Writer

Approximately 6,000 peace supporters, including students from CLU's College Democrats Club, flocked to downtown Los Angeles on March 20 for protest aimed at getting U.S. troops out of Afghanistan and Iraq.

"This protest mobilized the progressive community of Los Angeles and was also a great way for our group to come together and

support the values of international peace and justice," said Grant Berg, president of the College Democrats Club.

According to its Web site, AnswerLA.org, this massive anti-war effort was organized by the Los Angeles chapter of the ANSWER Coalition (Act Now to Stop War and End Racism) and was part of a nationwide recognition of the seventh anniversary of the U.S. deployment of troops to Iraq.

The protest in Los Angeles happened in conjunction with other protests in San Francisco and Washington, D.C.

The demonstration began with a gathering on the corner of Hollywood Boulevard and Vine Street.

Music played over audio speakers as colorful signs with slogans like, "U.S. Out of Afghanistan and Iraq Now!" were passed out to participants by ANSWER volunteers.

Mock tombstones that read

"R.I.P. Housing" or "R.I.P. Education," were also supplied to show how funding for the wars is taking money away from other areas of society.

Also present were a multitude of homemade signs, tie-dyed clothing, military uniforms, drums and even faux coffins.

The coffins, draped with Iraq, Afghanistan, Palestine and United States' flags, represented the many casualties caused by the wars and were carried by veterans

and others, including California Lutheran University students Sam Lovetro and Evan Sandlin, on a mile long march.

The march, headed west on Hollywood Boulevard, was led by a color guard of Iraq and Afghanistan war veterans from an anti-war group called March Forward.

The protesters yelled, "Money for jobs and education, not for war and occupation!"

During the march, Ron Kovic, [See PROTEST, Page 2]

NEWS

IN BRIEF

House passes historic health care bill

Late Sunday night, the House of Representatives passed two bills related to health care.

The first bill constitutes the largest expansion of federal health care in over 40 years.

It is the same bill that the Senate approved last December.

The House also passed a separate compromise package of changes, which still needs to be taken up and approved by the Senate.

The Senate cannot take up the compromise package until the bill is signed into law.

According to White House spokesman Robert Gibbs, Obama is expected to sign the health care bill into law on Tuesday.

Look for continuing coverage of the health care debate in the April 14 issue of the Echo.

New dean hopes to grow school of education

Henrik Gjertsen
Staff Writer

On March 9, CLU announced that Dr. George J. Petersen will become the new dean of the School of Education, taking over for Carol Bartell, who is retiring. Petersen will start on July 1.

The position of dean is responsible for managing the overall operations and budget, ensuring the quality of programs, as well as hiring and overseeing the development and evaluation of faculty and staff.

James R. Valadez, professor of education at California Lutheran University, firmly believes that the School of Education needs to be made more visible in the region.

"The school of education needs to be a player in our region. We have a fine reputation in Ventura County, and we need to

expand our influence into Los



George Petersen

Angeles," he said. "George Petersen comes highly recommended and appears to have the qualities of character and vision that will be critical for success as a dean."

The CLU community is excited for Petersen's hiring and his management qualities.

He is known for his abilities as a leader and has written two books and several articles on educational leadership.

Petersen had a career in teaching, having taught social studies at St. Bonaventure High School in Ventura, Bishop Garcia Diego High School in Santa Barbara and San Benito High School in Hollister, Calif.

He has won several awards, with one of his latest honors being the 2008 Association of California School Administrators Region XIII Education Professor of the Year.

"Dr. Petersen was identified in a national search and was selected from among some very strong candidates for the position. He has established a strong record as a teacher and scholar in his own field of educational leadership," Bartell said.

"Having worked at a variety of other universities will enable him to bring some new ideas and fresh thinking to CLU. He is an experienced leader, having been a department chair and director of a doctoral program."

In the last couple of years, CLU has received state and national recognition for their teaching program and is in the forefront in infusing technology into the

education programs.

Through fundraising, important grants have been generated, and CLU's first doctoral program has been developed.

For the new dean, it will be important to articulate a vision for the future and find ways for the school to play some role in improving public education.

For students and graduates of CLU, this signals that the university is eager to keep developing as a school in order to reach their regional goals in school activity.

"The hiring of what seems like a qualified man in William J. Petersen represents to me the notion that CLU is serious in moving forward as one of the more attractive schools in the Southern California university market, and hopefully the new dean will be an integral part for this to happen," senior Mark Linderson said.

School budgets not making the cut

Alyssa Harris
Staff Writer

Teachers across California are putting a smile on for students trying to mask the severe financial crisis that the state is in.

Budget cuts have caused school districts in California to lose teachers, which adds more students per classroom and not enough staff to properly monitor and instruct the students.

The cuts have caused a domino effect on education among California school districts, disabling teachers from teaching in a positive environment and affecting teachers' livelihoods.

"In regards to the effects of budget cuts on students, teachers and administrators have done a good job of hiding the issues. I think that teachers have absorbed most of the financial crisis and have not placed that burden upon the

students or their parents," said Marisa Zambetti, a liberal studies grad student at California Lutheran University.

"It is important for parents to know, because they are a strong voice, they can do certain things to turn the educational financial crisis around."

According to ABC's News 10 in Sacramento, since 2008, state budget cuts have forced school board members to lop almost \$18 million from the district's bottom line. Now, they're struggling with \$6 million more in cuts.

The cuts have forced California school districts and residents to look at our government for answers to the problems that are taking place within our educational system, but the problem seems to be growing faster and not showing any signs of improving.

"I don't think our current leaders, legislators and policy makers

have the vision to make the system work. Are they really committed to the education of our young people? How do we maintain a system that ensures our youth will be educated and competitive for the future," said Dr. Valadez, a professor of education at CLU.

"Too many of the current solutions are short-sighted, or they are politically motivated. This is not a time for complacency but a time for activism, and we must encourage leaders to make better decisions or replace them."

School districts across California are searching for ways to deal with the additional budgets cuts.

Faculty and staff in school districts across the state are trying to convince the legislators and policy makers that this lack of education funding will affect the future of these children and the economy as a whole.

Authorities investigating incident

[HATE CRIME, from Page 1]
on the cars is disheartening to some individuals, the target on the person of Jewish faith is what upsets some students.

"The fact that [the perpetrators] did target a specific student makes it worse because it shows us that there are some not-so-great people here at CLU," Torres said.

Although it remains undetermined as to whether or not the individual who committed these acts is a student or community member, the perpetrator either had an ID card or came in with a student in order to enter Peder-

son Hall.

The office of Campus Public Safety has provided the sheriff department with "a list of everyone who went in and out [of Pederson Hall]," Miller said.

Along with the list, Campus Public Safety has fully cooperated with the police and has now turned over the investigation to the sheriff department.

In an effort to prevent future vandalism or hate crime acts, "[Campus Public Safety has] heightened what we look for now. We are looking more closely for things that have been written and can be offensive," Miller said.

However, despite increased caution, students also need to become more involved and report anything they may know about the incidents that occurred.

If the perpetrator does turn out to be a student, "the school will take action independently of the sheriff department. Sometimes the action a school can take might be more severe for the student," Miller said.

If students have any information about what happened last weekend, they can report it anonymously to Detective Eric Busch at (805) 494-8226, or Campus Public Safety.



Photo by Jenny Guy - Staff Reporter

End the Wars: Anti-war protesters march down Hollywood Blvd. The protest in Los Angeles happened in conjunction with others around the country.

CLU students march in anti-war protest

[PROTEST, from Page 1]

Vietnam Veteran, anti-war activist and author of "Born on the Fourth of July," had the thousands of participants stop marching and sit in the middle of Hollywood Boulevard for several minutes in an act of civil disobedience.

"Today, here in Los Angeles, we are sending a message that protests like these will occur in streets, just like this, all over the world until this war comes to an end," Kovic said.

The march continued after Kovic's speech, and a large rally commenced once protesters reached the mile mark outside of Grauman's Chinese Theater.

During this rally, ANSWER activist Kayla Lindsey said in a speech, "we are building a movement, sisters and brothers, that is why we are here today. Nothing changes over night regardless of

who is elected into office. This is a sustained struggle for real change, and the ANSWER coalition has been on the front lines of this struggle since the very beginning."

Lindsey's speech was followed by the crowd chanting, "The people, united, will stop the wars. The people, united, will stop the wars." invoking a communal plea for peace.

Protester Karen Riggs commented on the protest and anti-war movement by saying, "I think it is very important to be around other people that have the mutual belief that war is not the answer, no matter what the question is. This is a long struggle, and Martin Luther King Jr. even said, 'If your dream can be accomplished in one lifetime, it's not a big enough dream' so it's vital that we come together and fight for our common dream; which is peace."

'Acts of hatred have no place here' LiNK sheds light on human rights violations

Rally unites students against acts of hate

Brooke Hall
Copy Editor

Members of the CLU community came together to rally in response to recent racial, religious and gender-oriented intolerance on campus on Monday, March 22.

In the past couple of weeks, California Lutheran University has seen instances like racial and gender slurs being placed on an African-American student's residence hall room message board and a swastika placed on a Jewish student's residence hall window, according to an e-mail that William Rosser, dean of students, sent out to students, faculty and staff of CLU.

In order to combat the recent onslaught of bigotry, the Black Student Union and the Hip-Hop Organization came together to host an anti-hate rally.

Students, faculty and staff met at the flagpole at 10 a.m. to support the cause. Many who came were wearing red in protest.

"Red is a powerful color. It sticks out and it emphasizes 'stop,'" said Chaz Hodges, junior and BSU member.

The crowd gathered to hear speeches from leaders in the university's community.



Photo by Doug Barnett - Photo Editor

Stop the Hate: ASCLUG President Reshai Tate addresses students and faculty at the anti-hate rally held Monday. The rally was organized in response to recent racial and gender slurs and campus vandalism.

"I ask that we respect one another and show those who promote bigotry on our campus that love conquers all," BSU President Robert Amey said to the assembly circled around him.

The crowd kept growing as university President Chris Kimball took the microphone.

"This circle is getting bigger and wider and deeper, and you can see the diversity on this campus," he said. "Acts of hatred have no place here and people who do [hate acts] have no place here."

Even though the event was not highly publicized, the turnout met the expectations of the organizers.

"So many people said that this

couldn't happen because of short notice, but I think we all proved them wrong," ASCLUG President Reshai Tate said.

The anti-hate rally was put together to bring awareness to the CLU population that actions of bigotry are unacceptable and offend the community.

"CLU is a small intimate community where everyone knows everyone so it hurts," Hodges said. "I would think we would be past [acts of bigotry] now."

The rally ended in a positive note with a prayer led by campus Pastor Melissa Maxwell-Doherty. "Goodness is stronger than evil," she said. "Love is stronger than hate."

[LiNK, from Page 1] and what is going on in North Korea.

While doing so, LiNK is asking high schools, colleges and universities to start a LiNK chapter and raise \$2,500 within a year to help rescue North Korean refugees.

Today an estimated 200,000 North Koreans are in political concentration camps. Up to three generations of families are imprisoned, including children, because a relative is suspected of being disloyal to the government.

Virtually all sentences are for life, and torture and execution are common methods of punishment.

"It's cliché to say that we are the future, but it's true. We need to be aware of the situation and to mobilize," Springer said.

North Korea has a population of around 24 million and all are under the dictatorship of Kim Jong Il and the Korean Workers' Party.

Many North Koreans flee to neighboring countries, such as China, risking torture and execution if captured and repatriated to North Korea.

In China, it is law that all North Koreans who illegally cross the border must be sent back based on the violation of the 1951 Convention on the Status of Refugees and its 1967 Protocol.

A fraction of North Korean refugees in China escape to Third World countries with the inten-

LiNKing together to enact change

For more information about LiNK visit the Web sites below.

www.linkglobal.org
www.west.linkglobal.org
www.twitter.com/westnomads

tion of seeking protection.

Third World countries include Cambodia, Laos, Vietnam, Myanmar, Thailand and Mongolia. With the exception of Cambodia, these countries are not state parties to the 1951 Refugee Convention.

With \$2,500, the money will go directly toward feeding, clothing and transporting a North Korean citizen to a country with friendly policies toward North Korean refugees.

The process of transporting a North Korean is approximately a seven day hike from one country to their destination. North Koreans are unable to take a bus, plane or any other means of transportation because they can be deported back to North Korea.

"We need to push the story out. Donate [money] or write a letter to your congressmen and senators to legalize adoption for stateless children," Batie said.

ASCLUG hosts open forum in an effort for transparency

Gannon Smith
Staff Writer

On Monday, March 15, at 6:30 p.m. in Overton Hall, ASCLUG held an open forum where they offered free pizza and root beer to anyone that attended.

The open forum was a chance for any student to come and find answers to any questions they had about ASCLUG.

Although the power in Overton Hall was off at the beginning, the forum still pushed ahead.

The panel answering questions consisted of the ASCLUG executive board, and representatives from both Senate and Programs Board.

The panel answered questions from a question jar and from people raising their hands.

Junior Cass Halligan was first to ask a question, and inquired about where excess money in the Programs Board account goes at the end of the year.

Ryan Strand, Programs Board director, stated that at the end of the year all the left-over money from Programs Board rolls over to the next year in the general fund.

The general fund includes all the money from under budgeted Club Lu events. An example Strand used was the homecoming carnival. When first budgeted, the carnival budget was set at \$15,000, but since

some rides were not operational, Programs Board cost was only \$5,700.

The extra money that had been allocated for the carnival was then released back into the general fund. Currently the fund is at about \$13,000.

Another question pulled out of the question jar was "How about a go-cart Club Lu?"

Again, Strand answered saying it is a great idea, but they have looked into it in the past and the go-cart event does not meet the general goals of each Club Lu.

According to Strand, the goals of Club Lu are to be a safe alternative for all students every Friday night. They provide activities people can participate in on campus and they try to allow at least 300 students to participate in the event.

Strand continued saying that the go-carts would only allow 40-50 people per hour to participate, not reaching the 300 participant estimate that Programs Board wants.

A question from the jar asked "How do you receive feedback from Club Lu events?"

Senior Matt Lee stood up from the audience and answered the question. Lee said that currently they just gain feedback via word of mouth, but he did say that in the future they could possibly have simple surveys for Club Luers to fill out at the event, and they could

also bring an idea and suggestion box to all events.

After that discussion another question was asked. "There is about \$58,000 left in both Senate and Programs Board accounts, will that be spent by the end of the year?"

Strand answered, "Well, there are still many events left that will use up some of that money."

Tate added, "From a programs perspective it is fiscally responsible to keep some money leftover in each account for next year," he said. "The goal is never to max out the whole account."

The panel did not explain to the audience the specific ways that the money would be spent.

One of the last questions pertained to the high cost of spring formal tickets and how the money from the tickets is spent.

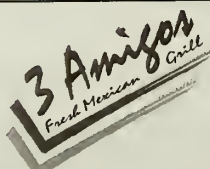
The first explanation given by Strand pointed to the fact that admission to the Long Beach Aquarium is \$30-40, and dinner is also included in the ticket price. One dollar of the ticket price goes to benefit Haiti.

Strand then added that a bill for \$3,000 was going to be brought to the table later that night.

If the bill passed it would have lowered ticket prices to \$40, \$45, or \$50 depending on when a student bought a ticket. The billed failed 5-8-6, leaving tickets prices at \$50 for the first 300 people. The prices will go up to \$60 for the remaining people who wish to buy their ticket.

To bring the forum to a conclusion, Tate addressed the whole audience.

"The important thing is that this conversation does not stop tonight," Tate said, "and that there is an open line of communication between student government representatives and students."



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CALENDAR

<div>Wednesday</div> <div>March 24</div> <ul style="list-style-type: none">• University Chapel - Chris Kimball: Planted to be Pruned 10:10 a.m. Samuelson Chapel• Common Ground: Bree Gibson 9:11 p.m. Samuelson Chapel	<div>Thursday</div> <div>March 25</div> <ul style="list-style-type: none">• Books and Brew 4 p.m. Roth Nelson Room	<div>Friday</div> <div>March 26</div> <div>SPRING BREAK</div> <div>(starting at 4 p.m.)</div>
<div>Saturday</div> <div>March 27</div> <div>SPRING BREAK</div>	<div>Sunday</div> <div>March 28</div> <ul style="list-style-type: none">• Arete Vocal Ensemble - Modern Masters 2 p.m. Samuelson Chapel• Strindberg Players Offer "Dance of Death" 2 p.m. Overton Hall• Spring Break	<div>Monday</div> <div>March 29</div> <div>SPRING BREAK</div>
<div>Tuesday</div> <div>March 30</div> <div>SPRING BREAK</div>	<div>Next Week: March 31 - April 6</div> <ul style="list-style-type: none">• Spring Break• Next issue of the Echo will be April 14 <div>Do you have an event to submit to the Echo? E-mail date, time, location and contact information to echo@callutheran.edu</div>	

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FEATURES

Under production: 'Robox' will be worth the wait

Nessa Nguyen
Staff Writer

Do you ever wonder how much time and effort are put into producing a 20-minute short film? "Robox," the biggest film production in CLU's history, is a three-semester-long project that is being developed by a cast and crew of 35.

The concept for "Robox" was created over two years ago by junior Jeffrey Gardner and then proposed to Dan Restuccio, his multimedia instructor.

"It was an intriguing concept because it is a combination of live action and some sort of visual effect," Restuccio said.

Initially, the two thought about filming real characters on blue screen. The project hit a roadblock after they failed to obtain necessary equipment.

"The notion of trying to animate everything by hand was daunting," Restuccio said.

Fortunately, opportunities opened up again as the motion capture technology has become much more sophisticated in the past two years.

When Restuccio brought up the project to his HD digital cinema class last semester, sophomore Scott Beatty volunteered to produce while sophomores and cousins Matt Eaton and Aaron Eaton took positions as the associate producers.

The movie revolves around the life of Rob, a software programmer who has a consuming passion for developing video games. He has dedicated himself to creating a demo game featuring "Robox," hoping to sign a contract that will enable him to materialize it.

A series of events take place where he and Jill, his boss and former girlfriend, get sucked into the game and have to fight against the villainous robot.

The main antagonists are played



Sneak Peak: Director Scott Beatty leads actors Matt Russak and Michelle Greathouse while rehearsing a scene.

by actor Matt Russak and actress Michelle Greathouse, accompanied by Michael Clark.

As the West Coast editor of Post magazine, Restuccio was able to obtain assistance through his professional contacts.

"The generosity of Vicon (manufacturer of motion capture systems) and a grant from Community Leaders Association allow us to use a portable motion-capture system," he said.

"Thanks to Craig Reinhart, professor of computer science, the crew received a loan of a Red One camera, which was used to shoot "District 9," "The Book of Eli" and "Night at the Museum." ASCLUG Senate also passed a bill that allocated \$7,500 to the production.

Halfway into the project, some adjustments were made regard-

ing task distribution due to the great amount of work. Restuccio became the executive producer and Beatty stepped up to the director's plate. M. Eaton and A. Eaton each took charge of producing live action and computer graphics animation.

Since "Robox" is a nonprofit project, the whole cast and crew are working on it solely for the experience.

"It's an interesting task to get people to work without getting paid," Beatty said.

Nonetheless, this does not affect the high level of commitment and hard work.

"I'm glad we're able to develop a team that works well together. We're all very passionate about it," A. Eaton said.

Being a part of making "Robox" not only gives students a chance

to show their work ethic, but also helps them gain experience that make them more competitive in the job market.

"It's a really ambitious project. It's leaps and bounds compared to other projects in terms of production value," Beatty said. "It's at the level of dedicated film schools like USC, UCLA, AFI and Chapman."

The filming for "Robox" started on March 13 and will be completed by the end of this semester.

Post-production editing and animation will take place in the fall. The crew always welcomes support, and eagerly invites everyone to come and help out.

For more information visit robboxthemovie.com and facebook.com/robboxthemovie



Senior DisOrientation guides future graduates

Brad Henrickson
Staff Writer

Running 13 years strong, Senior DisOrientation is a perfect way to aid seniors in learning about the world they are headed into after graduation.

With a sluggish job market and economy, Senior DisOrientation is a way for seniors to be informed and educated about how to successfully make a living once they leave CLU.

Headed by Sally Lorentson, assistant director of Student Life at California Lutheran University, students who attended Senior DisOrientation were shown Powerpoints, given many tips and served an array of food.

With about one-third of the senior class in attendance, the largest turnout in Senior DisOrientation history, Bogart's Grill at Muvico theater was big enough to handle everyone.

It is not all business at this event.

"It also is an opportunity for seniors to network with CLU alumni, and spend social time with their fellow seniors," Lorentson said.

From navigating a career to getting insurance, seniors were able to get a hands-on lesson on the world they are entering.

"Every aspect of post-college life was covered. I definitely feel more relieved after this," senior Christine Mork said.

Being able to remember all of this information can be a difficult task, but it was all summarized and given to students in pamphlet form to take home. This was developed as a tool to help guide seniors through their transition out of college into the real world.

"Students have provided very positive feedback in past years," Lorentson said. "We continue to increase attendance every year, and students really enjoy the alumni presenters. They often connect with the presenters after graduation for more questions and support."

CLU provides many resources for alumni, ranging from job searches to housing options. All of these resources are free and are always available.

After the presentations finished and business was taken care of, seniors were able to socialize with one another and learn about their peers' plans after college. Once seniors graduate, they become a part of the alumni community, comprised of thousands who are attempting to successfully thrive and flourish in the world outside of CLU.

Saakumu Dance Troupe graces Samuelson Chapel

African artists perform traditional and contemporary dances of Ghana, West Africa

Courtney Minton
Staff Writer

Tradition. This is exactly what the Saakumu Dance Troupe is dedicated to presenting at all of their performances.

At each performance in the Samuelson Chapel on March 18 at 3:30 p.m. and March 19 at 4 p.m. and 8 p.m., the audience was presented with traditional and contemporary

West African dance and music by the performers from Dagara Music Center in Medie, Accra.

The Saakumu Dance Troupe is one of the premiere dance and music groups of Ghana, West Africa, and is led by Bernard Woma.

The dance troupe has toured the whole of Ghana, the West African sub-region, and the United States.

They share their unique dance styles and music with a wide range of audiences through concert performances, educational programs and lecture demonstrations.

Together, they bring the art, cul-

ture, values and feelings of Ghana to their audience.

“Every mistake is a new sound, and bad dancing won't hurt the ground, so why wouldn't you want to dance?” Bernard Woma Director

He feels that people restrain themselves because they are afraid of making a wrong sound or dancing poorly.

"Every mistake is a new sound, and bad dancing won't

hurt the ground, so why wouldn't you want to dance?" Woma said.

During the Traditional Drumming Workshop, members of the Thousand Oaks High School drum line took turns learning beats on traditional African instruments such as the gyl (African xylophone), drums, calabash water drums and the praise singing (talking drums) of the Akan and Dagbamba people of Ghana.

Woma first taught the group specific beats individually and then helped them put the beats together to form a traditional song.

Along the way he gave them tips as to how to make the sound clearer and purer.

[See DANCE, Page 6]

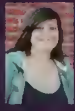
CAMPUS QUOTES: What are your spring break plans?

Danny Kuntz



“Go hie or go home, I’m going to Rome!”

Lauren Cabral



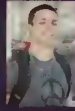
“I’m actually shadowing a surgeon on my spring break.”

Nicole Sparkman



“I’m going to Mammoth. I just got a brand new board!”

Vince Crise



“I’m hopefully going back home to be with my family for Easter.”

If you have an idea for a Campus Quotes question, e-mail it to the Echo at echo@callutheran.edu

Dance troupe performs Ghana tradition ‘Vagina Monologues’ shock and inspire

[DANCE, from Page 5]

“When you play hard your shoulders need to be relaxed. Once you are relaxed, you are able to control your sound,” Woma said.

Later in the evening, the musicians of the troupe played the beats taught at the workshop.

The audience was treated to seven different songs and dances performed by the Saakumu men and women. During the program, the large audience was encouraged to participate in the songs by singing, clapping and even joining in some of the dances. The dancers were more than happy to share the stage with anyone.

“I was so happy to get up there and dance,” said Jacky Valiquette, a local resident. “It was just incredible and something I would love to experience again.”

Pastor Melissa Maxwell-Doherty was the woman who made it possible for the Saakumu dancers to come to CLU. Her son had two summer experiences at the Dagara Music Center, and



Photo by Doug Barnett - Staff Photographer

Feel the Beat: Saakumu drummer provides a beat for the dancers.

after listening to their CDs, she knew that getting the troupe to come and perform at Samuelson Chapel would be an amazing opportunity.

“It’s good to have it in the chapel where people are aware of

their bodies and being alive and celebrating and telling stories,” Maxwell-Doherty said. “The music is very stirring and dancing is a connection of how you and your body move. As a Christian, I believe God created us to move.”

Haley de Vinney
Staff Writer

There aren’t many events on campus that offer fair trade chocolate vaginas.

California Lutheran University club Feminism Is... and the Center for Equality and Justice passed out these sweet treats along with staging “The Vagina Monologues” on March 16 at 8 p.m. in the Lundring Events Center.

Eve Ensler is the woman who started it all. On her Web site, through Random House, Inc., “The Vagina Monologues” are referred to as “a celebration of female sexuality in all its complexity and mystery.”

“The Vagina Monologues” Web site states that the monologues are “based on interviews with over 200 women about their memories and experiences of sexuality.”

These monologues were written to change how women think about themselves and inspired the V-Day movement. The V-Day movement was created to bring awareness and prevent violence against girls and women.

The event began with a panel of women who asked questions like, “What would you vagina wear? What two words would your vagina say?”

Such questions were meant to break the ice and relax the audience.

Lee Mondol, a junior at CLU, attended the event having different expectations.

“The name ‘Vagina Monologues’ made me think it was going to be about something it wasn’t,” Mondol said, “but now I feel like I

understand women and the issues that they struggle with better.”

Sara Pressy, the president of Feminism Is..., suggests that all students would benefit from seeing the monologues and hopes the name doesn’t scare people away.

“What’s really nice about ‘The Vagina Monologues’ is that it covers a wide range of women’s issues, and we have some monologues that speak about being able to love your body and about respecting yourself,” Pressy said. “It’s sort of a fun way to let

people know about serious and important issues.”

James de Haan, the vice president of the Feminism Is... was excited to see the audience’s reaction to the speakers.

“At first they would be squeamish and squirm in their seats every time the word vagina was uttered, but by the time we were ending they had become engrossed in the stories being told and the various paths women took to discover their own sexuality that the words being spoken lost that taboo and regained legitimacy,” Haan said.

The event is meant to startle, but also inspire.

“If the monologues manage to inspire just one person in attendance at CLU, then I feel the entire process from conceptualization to action is worth it,” Haan said.

THE FASHION PLATE: A HEALTHY SERVING EACH WEEK

A tribute: if the suit fits, it’s yours



Heather Taylor

“To score a 10 would be just fine/But I’d rather be dressed to the nines/It’s a truth you can’t refute/Nothing suits me like a suit!”

As a regular viewer of the TV show “How I Met Your Mother,” I feel like the character Barney Stinson, played by Neil Patrick Harris, and I are kindred spirits. Sure he may have a reputation of being a legendary womanizer, but each week Barney is always impeccably dressed in a three-piece suit and constantly encouraging his friend Ted to dress likewise. His attitude toward being a sharply dressed man is refreshing in today’s society where I feel men could use some of the gospel according to Barney.

Last week at Senior DisOrientation, I listened as one of the speakers decided to speak on the art of dressing as a grad. While I was on board with the fact that you won’t be able to wear T-shirts boasting your beer pong skills or short shorts on even the most casual of Fridays, I did not

hear anything on tailoring a suit to fit just right for the initial job interview.

There was an important aside on ties that I agreed with and going the distance to ensure one is worn, but the suit has a Cinderella slipper quality to it. By wearing a tailored suit, the clothes become you and are distinct to you and you only. Nobody else can put it on and pass off the look for themselves. If the suit fits...it’s yours!

Of course, once you get the job, then you will probably get the chance to tone the look down, but the first impression really demands a tailor. I look to the greats of good suit wearing...Barney Stinson, Don Draper on “Mad Men,” Mr. Big from “Sex and the City” and Bradley Cooper’s character from “The Hangover,” when he first walked out in his black number that had women across America fainting in movie theaters everywhere.

Another issue I did not hear any mention of is what I find to be one of the most important concepts on dressing for a successful interview for a woman: know your stilettos.

Walking in heels is not always the easiest walk to take. Blam-

ing the shoe wearer is not fair because certain shoe brands do not make their shoes easy to maneuver in. I have a pair in my closet that I’m certain I will never wear again due to the fact they seemed to be invented for a person with two left feet.

What I can recommend is finding a pair of shoes that fit you comfortably, both with and without stockings or panty hose.

The heel itself does not need to be seven inches high or as slender as a toothpick either. A stacked heel at three and a half inches does the trick quite nicely.

I myself am currently bewitched by the Calvin Klein “Olive” pump in black patent leather at Lord and Taylor. It is a mere three inches high and compatible with outfits of varying degrees, perfect on and off of the job.

When at a job interview, be yourself, ask the interviewer lots of questions, and when possible, crack light jokes (appropriate ones) to lighten the mood.

As the gospel of Barney states, “You see, whenever I start feeling sick, I stop being sick and be awesome instead. True story.”

Amen, brother.

the Echo
2009-2010

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HE SAID, SHE SAID: A LITTLE OF HIM, A LITTLE OF HER Taking the 'Happy Gilmore' swing by storm



**HE
SAID**

Antoine Adams

The sun is out, the birds are chirping and shorts are coming out of the closet. It's time to go golfing.

Golf is a man's sport that allows you to relax with a few of your buddies.

You can't step on the green and not practice your "Happy Gilmore" golf approach, which is having a running start to your swing. I'm never successful, but it is a good time as long as you're not the idiot whose golf club flies out of your hand mid-swing.

I can always picture myself enjoying the sun at age 40 with my wingmen.

Golf was a perfect remedy after my not-so-lovely experience at Forever 21 and "Remember Me."

To my surprise, Allie knew how to golf and was pretty good. I was, of course, still the better athlete, but still very impressed with her natural talent.

There were a few swings and misses, but most of the time the ball went far and straight, which is all you can ask for.

Sinaloa Golf Course provides you with your basic driving range for aggression, or in my case, the "Happy Gilmore" swing and nine-hole course to ensure a good time. There is also the option of playing a round and renting a set of clubs.

You can never use your driver, as the course is too small. With a driver your golf ball will land

at least a mile away from the hole. You get to work on your mid-range to short game mostly, which I was horrible at.

You also had to watch out for the flock of geese on the course. The course is home to a small pond, a flock of geese and a few baby turtles. When I got to hole three, I had to maneuver my way around a goose to hit my ball.

They are great to look at, but I'd prefer to not be so close to them.

As long as you can ignore potential goose attacks, and the possible wannabe professional golfers with their straw hats trying to pass you by on the course, you will have a good time.



Alexandra Butler

**She
SAID**

"Hold on. This is between the ball and me." That's what I said as Antoine tried to help me during a challenging game of golf.

The game of golf is very different without the colored balls and pretty waterfalls that one may find at a miniature golf range.

I have heard that many people are intimidated by the game. I would argue that it is way more fun to hit a ball as hard as you can, rather than try to outsmart a rotating clown statue with a kiddie putter.

Come on. Let's grow up, guys, and overcome the ever-intimidating driving range.

First, put on your most comfortable closed-toe shoes. Bring

a hat and sunglasses because sometimes the sun can be blinding. Next, remember that your 9-iron and putter are your best friends. There are a lot of clubs in a bag, but the 9-iron can be used for most shots. The putter is used when you are closest to the hole.

The only problem I have with golf is that it requires polite etiquette. This means no yelling, loud clapping or talking during a person's back swing.

However, after you are in your stance, concentrating on a hole that is about 135 yards away from you, it can be difficult not to yell either in frustration or joy.

I have a feeling yelling "stop!" or "nice shot babe!" was not proper golf etiquette. To be honest, I think clapping with two fingers is pointless. If a person is going to clap it should be loud and celebratory. Needless to say I broke every etiquette rule. I talked, clapped, yelled and hit the ball out of turn.

Before stepping on the green, I thought golf was a little on the boring side. However, playing is a lot of fun.

It is a great way to enjoy the sunshine and the company of friends as long as you're not hitting it in the sand or the woods. I encourage everyone to try golf because it is also a sport you can play as you age.

I wonder what would happen if people started to have fun with golf by yelling and clapping? People could enjoy it, which would eliminate the stereotype of golf being boring.



To submit a story idea, send an e-mail to echo@callutheran.edu, ATTN: features

Holi makes a splash



Photo courtesy of Mari Stromsvag - Special to the Echo

Surprise: Students celebrate the Indian Festival of Colors with paint.

Mari Stromsvag
Special to the Echo

On Sunday, March 21, about 30 students were spotted in Kingsman Park running after each other with water balloons, buckets of water and their hands filled with colored powder, which they excitedly rubbed in each other's faces, necks and hair.

The students nicknamed themselves the new "Avatars" due to their new skin color. The powdered colors mixed with water also stained their once white T-shirts, turning them into tie-dyed shirts.

This was the third annual Indian Festival of Colors - called Holi - where participants partake in a friendly water fight with colors.

Holi has socio-cultural, re-

ligious and biological reasons behind it, ranging from legends about gods who ambushed each other with color, to more serious issues involving the caste system in India. Holi brings the society together across India's many religions and social standings.

Indians use the colors to cover up the obvious signs of their class standings, to people not to differentiate between the rich and poor. Everybody celebrates the festival together while bringing laughter and fun into their lives.

This event was sponsored by the India Club and Multicultural and International Programs, and has become a memorable event for many CLU students, while serving to bring CLU's Indian students together. Happy Holi!

Haiti charity concert shows love

Lauren Puopolo
Staff Writer

A whisper turned into dead silence when the lights dimmed.

Last Saturday, March 20, California Lutheran University and Pacific Pearl Music Association sponsored the Love and Hope for Haiti Charity Concert in the Samuelson Chapel.

The concert emcees were Cal Lutheran's own: students Hannah Fordhal and Jordan Leckness.

There were three different musical groups that participated in the concert.

These groups included Pacific Pearl Music Association, Moorpark College Jazz A Band and the Los Angeles Chinese Musicians Ensemble Chorus.

The arrangement of music ranged from orchestral, Chinese folk, chamber, choir and jazz.

"I think it's a good thing that different groups are performing and showing support for Haiti," said Brittney Walker, fundraiser and sophomore at CLU. "It's not just the main groups, it's something outside of the circle of organizations that would raise money."

Fundraiser and sophomore Tiffany Sarmiento felt the outcome of the event went well.

"Everyone was really touched by the event; they all came out to show their support. It was really powerful and moving to see how people really care about Haiti, even though it's been a couple of months. It's important to know they still need our help," Sarmiento said.

The earthquake was reported to be a 7.0 with 52 aftershocks measuring at an average 4.5. Millions were left homeless and thousands died from these enormous earthquakes.

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IN BRIEF

Admitted Students Day sets record attendance

Admitted students and their families came in record numbers to Admitted Students Day at CLU on March 20.

As of press time admission representatives estimated to have more than 450 RSVP's and roughly 1,100 people attending on campus, including family members.

"Admitted Students Day is important because it shows prospective students what [California Lutheran University] has to offer," Admissions intern Breanne Gibson said. "Hopefully they will see that [CLU] is where they want to be for the next four years."

The day included sessions that focused on the different areas of what CLU offers.

Admitted students had the opportunity to attend sessions on student life and financial planning, visit residence halls and attend an involvement fair that had representatives from different clubs and organizations and professors from different departments.

OPINION

Coming to a computer near you: Echo to go online



Margaret Nolan
Editor in Chief

After years of being confined to newsprint, the Echo is finally joining the digital age.

On March 17, 2010, university officials approved the Echo to go online.

This marks a monumental turning point in the history of the Echo, as this will allow our publication to become a more creditable, constant news source.

Through the online publishing company College Publisher, producer of more than 450 university newspapers including Notre Dame and USC, we will be given the tools to upload our usual print version to the Web as well as

add new elements such as blogs, videos and discussion forums.

As students, we are continually being told by our professors and other media professionals that newspapers in their original form are a dying breed. With the rising popularity of digital literature in the form of webzines, Kindles and blogs, newspaper readership has taken a hard hit over the past decade.

Let's face it: I bet many of you have not picked up a newspaper in years (other than the Echo, of course). Especially for our generation, many of us would rather be able to just click and pick the stories that we want to read instead of having to shift through a thick newspaper.

In hopes of gaining a lifeline amid the Internet frenzy, newspapers around the country began producing a digital copy of their usual print publication. The outcome has single-handedly

saved the newspaper industry.

According to an article from the American Journalism Review, online newspaper revenue is growing by at least a double-digit rate every year as "Web sites run by local newspapers typically remain the most popular sources of news and the largest sources of online advertising in their local communities."

Even actual reporting has moved online as more and more journalists are taking advantage of social networking sites such as Twitter and Facebook to contact sources and scout new story ideas. According to a post by Leah Betancourt on "The Journalist's Guide to Facebook," the popular site can be "invaluable to journalists" as it "gives reporters a means to connect with communities involved with stories, find sources and generate leads."

While no news story should ever be based solely on these social media resources, they have become a jumping point for journalists around the world.

Don't get me wrong: I don't see newspapers ever fully abandoning their traditional print format. However, for any publication to survive in the 21st century, the move online is essential. People these days expect to be able to find the news they want, when they want it and how they want it. The future of journalism relies on the power of the Internet.

Creating a Web site for the Echo is going to provide nothing but good things for both the paper and for Cal Lutheran. According to newspapers.com, there are 10,000 newspapers online worldwide. With the Echo soon to make that 10,001, our students are going to be gaining valuable, practical experience about what it is like to

be part of a digital news publication as well as more material to add to their portfolios. This experience will carry them from being student journalists to part of the next generation of media professionals.

We are also expecting our readership to skyrocket as the Web site will make our publication available to more students, alumni, families, donors, community members and future CLU students. I expect the number of communication students will also increase as more incoming students are interested in Web journalism and the importance of digital reporting.

When I began my journey as editor in chief, I made it a goal to see this publication through at least one digital issue.

It gives me nothing but pleasure to say that within the next few weeks, you will be able to visit the Echo on the World Wide Web.

Spring break in Mexico becomes increasingly dangerous



Julie Randall

Mexico continues to struggle with violence, drug wars and prostitution.

For years, many students have opted to spend their spring break vacations in Mexico. Recently, however, countless disturbing incidences in Mexico are causing many spring breakers to think twice about vacationing there.

In a recent e-mail sent to all undergraduate students on March 15, William Rosser, dean of students, sent a schoolwide message warning students of the dangers of travelling out of the country, particularly to Mexico. The e-mail advised students to educate themselves on the risks associated with travel before going about their spring break endeavors.

In late 2009, four U.S. citizen tourists were killed in a region of Mexico known as Gomez Palacio, Domingo. The murderers remain a mystery.

It is not uncommon for Mexican officials to leave violent crimes unresolved. According to a recent article on CNN.com, two more U.S. citizens were killed in a drive by shooting on March 15 in Ciudad Juarez, Mexico.

It seems that drug cartels and violent crimes are currently at an all time high in Mexico. Despite the dangers, some students are ignoring the security warnings and following through with their plans to travel to Mexico for spring break.

However, the recent rise in crime



Photo courtesy of <http://www.freedigitalphotos.net/>

and security warnings should be a red flag to tourists. The fact that the number of Americans being attacked and killed is on the rise should not be ignored.

Everyone wants to have a fun, memorable spring break. But, it's not worth risking your life for.

According to travel.state.gov, travelers to Mexico need to take several safety precautions. Travelers are urged to only travel on main roads during the day, stay in reputable tourist areas and avoid traveling by themselves.

The Web site also cautions people about wearing expensive jewelry or carrying around valuable items and large amounts of money. Travelers are advised to leave their itinerary with a family or friend back in the U.S. in case of an emergency.

According to CNN.com, the state department also issued a travel warning stating, "recent Mexican army and police confrontations with drug cartels have resembled small-unit combat, with cartels employing automatic weapons and grenades. Large fire fights have taken place in towns and cities

Nogales, Matamoros, Reynosa and Monterrey. During some of these incidents, U.S. citizens have been trapped and temporarily prevented from leaving the area."

That sentence is enough to keep me away from Mexico.

Why would anyone want to spend their spring break in a war zone?

School officials are not the only ones who should be worried. Parents are justifiably concerned with their children's spring break travel plans.

In a recent article in the Atlanta Journal Constitution, Texas Department of Public Safety Director Steve McCraw issued a warning on March 4.

"Parents should not allow their children to visit these Mexican

[border] cities because their safety cannot be guaranteed," he said.

Beside running the risk of being a victim of violence, travelers going to Mexico are risking contracting swine flu. The influenza virus has flourished in Mexico since late 2009 and has caused countless deaths in a country where so many lack proper medical attention.

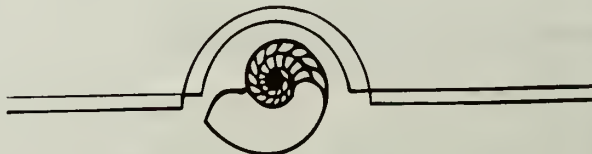
I do not understand why people want to risk their lives to spend their spring break in Mexico when we have such beautiful beaches only 30 minutes away from us in a much safer environment.

You do not need to put yourself in harms way to have a good time over spring break.

Follow the advice of government officials and do not travel to Mexico.

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Attempt to print Reagan on bills is too absurd, too soon



Jennifer Nechiporenko

The \$50 bill would be getting a makeover if it was up to congressman Patrick McHenry.

McHenry, a Republican representative from North Carolina, recently drew up legislation to replace Ulysses S. Grant with Ronald Reagan on the \$50 bill.

This did not come as a huge shock to those in Washington, D.C., considering that in the past there have been proposals to replace Franklin D. Roosevelt on the dime and Andrew Jackson on the \$20 bill with Reagan at different times in recent history. However, both requests were denied.

McHenry has been quoted in several news stories including one from ABC News saying, "every generation needs its heroes," in reference to Reagan.

This statement is a little troubling to me since the nation is so far divided about Reagan's

economic decisions as president. In fact, the term "Reaganomics" was coined in response to those controversial decisions.

Reaganomics is a broad term that refers to the changes the late president made in regard to taxation among other issues.

It would be ironic to place Reagan's face on our currency when his administration is associated with controversial economic shortcomings.

During his presidency, he severely cut individual income, especially in the top earners bracket, along with corporate income tax. However, he increased the tax on Social Security.

These, and other changes, resulted in a tripled national debt.

It is ironic that McHenry wants to put Reagan's face on our currency when he is infamously associated with controversial economic shortcomings.

Plus, Reagan has not even been dead for a decade.

It is too soon to put his face on our money, especially when he could replace Grant, the president who pieced our country back together after the Civil War.

Although he had a fair share of his own scandals, Grant faced many more hardships in his presidency, and he deserves to stay on the \$50 bill.

His reforms made to the civil rights movement alone is enough for him to permanently remain on the \$50 bill.

A recent article in the Los Angeles Times says it best when they comment that, "Ronald Reagan is honored by, among other things, an airport, a freeway, an aircraft carrier and — ironically for a critic of big government — one of the biggest federal buildings in Washington."

According to the same article, there are also rumors that Reagan will have two mountains named after him in the near future in California and Nevada.

In addition, the Ronald Reagan Library in Simi Valley is holding a 2-year-long celebration to commemorate the 100th birthday of Reagan.



Photo courtesy of <http://www.freeidigitalphotos.net/>

Isn't this enough?

Overall, I do not agree with replacing our 18th president with the 40th on the \$50 bill for the main reason that it implies that Reagan was a better president and a bigger "hero."

Grant won the Civil War for the Union, plain and simple. How much bigger of a hero can a person be?

I am not saying that Reagan

was a bad president. I am simply saying that it would not be right to put his face on money when there was such a controversy throughout his presidency about national debt.

His face printed on our \$50 bills would be like naming a muckraking newspaper after former president Richard Nixon.

It just doesn't make much sense.

Burton and Depp make 'Wonderland' predictably unpredictable



Erica Larson

Tim Burton's interpretation of the classic 1865 novel "Alice in Wonderland," written by Lewis Carroll, hit theaters earlier this month.

If it isn't the familiar childhood tale of a young girl falling down a rabbit hole and entering an enchanted world of unknowns that gets you to the theater, surely the hype surrounding Burton, the king of revealing beauty in darkness, will.

Once in the theater, maybe it will be Burton's thoughtful use of shade and light, or the charming but drab opening scenes contrasted with the rich, full intensity of pigments accompanying Wonderland, that motivate you to sit back and take in his vision.

Similarly, it could be the fantastic casting of well-known characters offset by new, original cast



Photo courtesy of <http://www.freeidigitalphotos.net/>

additions, such as the Red Queen's squire-fish, sure to become part of future nostalgia.

With a whirlwind storyline that invites the audience to join Alice on her journey through a land of unexpected spectacles and mysterious mishaps, it is no surprise that Burton's "Alice in Wonderland" continues to generate abnormally large box office numbers. In its opening weekend, the movie brought in over \$116 million, and now

headed into its third weekend, the movie has a worldwide gross of over \$447 million.

Burton's films have always pushed creative boundaries, and "Alice in Wonderland" is no exception.

Though it isn't as dark as other Burton classics including "Sleepy Hollow" and "Nightmare Before Christmas," Burton's stamp can be seen throughout the entire movie including his choice in casting Johnny Depp as the Mad Hatter

and Helena Bonham Carter as the Red Queen.

While some argue that the Burton-Depp relationship has become simply too predictable, I must remind moviegoers that while predictability may lead to boredom, it may also lead to relief. Though we have seen Depp in a number of Burton's films, often portraying what can only be categorized as "weirdos incapable of being categorized," it is important to remember it is only because Depp is so successful in helping Burton to achieve his ultimate message.

Burton seeks to engage his audience by the "weird factor." Depp as a "weirdo" thrives due to the quiet, introspective confidence he employs as part of his characters' mentality.

Whether he is Edward Scissorhands, Willy Wonka or the Mad Hatter, Depp's characters evolve from a place of alienation to the worlds in which they reside.

Still, Depp's characters maintain a very humane approach to friendship and love. In short, Depp helps to humanize his

strange characters and make them more digestible and relatable.

This is, however, where the likenesses end.

A Tim Burton film is partially a Tim Burton film because of its original content. From "Sleepy Hollow," a horror film, to "Sweeney Todd," a musical, it is almost impossible to be a step ahead of Burton.

What is meaningful to me, personally, is the selectivity and tenderness with which he chooses a project.

Never the director to simply work on something to boost his resume, Burton continues to surprise his loyal fans with newer, more innovative ways of looking at storytelling, art and life.

For the Record

In the March 17 issue of the Echo, it was written that Meg Whitman financed the political sheep advertisement. The ad was actually financed by Carly Fiorina.

Editorial Matter: the Echo staff welcomes comments on its articles as well as on the newspaper itself. However, the staff acknowledges that opinions presented do not necessarily represent the views of our editing staff, ASCLUG or that of California Lutheran University. the Echo reserves the right to edit all stories, editorials, letters to the editor and other submission for space restrictions, accuracy and style. All submissions become property of the Echo.

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Letters to the editor must include your name, year/position and major/departments.

SPORTS

Seagulls shoot down Regals in second straight loss

Cal Lutheran looks to rebound against Mills

Sasha Voinovich
Staff Writer

Both the men and women's tennis teams faced Salisbury University, but only one doubles team came away with the win for California Lutheran University. The Regals of CLU were only able to earn one point, losing against Salisbury this past Thursday.

The doubles matches opened up the afternoon at the Poulson Tennis Center. Playing at the No. 1 spot were the team of sophomores Jordan Leckness and Holly Beaman, who lost 8-5 to Jackie Burr and Jillian Poppe of SU. CLU sophomore Kim Kolibas and her freshman teammate Lauren Toohey were not able to come away with a win in the No. 2 spot. Elaina Iosue and Angela Tenaglia of SU beat the CLU freshman team of Carly Mouzes and Melissa Dahl with a score of 8-2.

"We are focusing on improving our doubles play and focusing on specific strategies in both doubles and singles," first year coach Vanessa McPadden said.

As far as the singles matches, Beaman earned the single point for the Regals on Thursday.

Playing at the No. 3 spot, Beaman defeated Kelly Fahrner

(SU) 6-1, 6-0.

Leckness was able to take her opponent to three sets, but not able to come away with a win. Jackie Burr of SU defeated Leckness 6-3, 3-6, 6-0.

"I lost in three sets, and even though I am extremely disappointed, I cannot wait to take advantage of my next match and hopefully take the win," Leckness said.

Leckness is the team captain this year and could not be more proud of her team.

"[Beaman] dominated on the court, got a win for our team and played so strong. Her continuous support and cheering really encouraged the whole team," Leckness said. "Everyone was really fighting for every point and our team never gave up."

Playing at the No. 2 spot for the Regals was Kolibas who suffered a 6-4, 6-3 loss. Toohey was playing in the No. 4 spot and lost 6-1, 7-5 to Poppe. CLU junior Lacey Gormley lost 6-0, 6-1, in the No. 6 spot.

The No. 5 singles match was a close one. CLU's Mouzes forced a third-set-super-tie-break against SU's Angela Tenaglia, eventually losing the match 6-0, 5-7, 1-0 (11-9). SU went back to Maryland with a final score of 8-1 over CLU.

"Last year, we beat Salisbury by one point, and it was a very close match. This year every match was close, and it could have gone either way again, but [SU] seemed to step it up," Leckness

said. "However, even though we lost, I felt that this match has only made us stronger."

McPadden has nothing but faith in her young team.

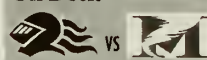
"They all have wonderful attitudes and they really want to be there and work hard to achieve their goals," McPadden said. "They are a very teachable and

positive group."

The Regals have created "team goals" and are looking to achieve them in the remainder of the season.

Today the Regals play host to the Mills College Cyclones at the Poulson Tennis Center, part of a six game home stand for the Regals.

On Deck



Cal Lutheran vs. Mills College
Poulson Tennis Center
Today 2 p.m.



Photo by Maxx Buchanan - Staff Photographer

Avoiding a Shutout: Sophomore Holly Beaman was the only player who defeated a Salisbury player last week.

Gentle giant dreams of career beyond Cal Lutheran

Amanda Lovett
Staff Writer

It's not every day that someone gets the chance to excel at their passion, but for senior Paul Hartmann, the past four years have been a chance of a lifetime out on the field of dreams.

Introduced to the sport at the age of 5 when his parents signed him up for tee ball, the "home run king" of Cal Lu fell in love with the game of baseball, which inspired his future.

"It's something that I love to play, that I love to do. Just being on that field inspires me to play harder," Hartmann said.

The soft-spoken, 6-foot-6-inch Tucson, Ariz. native says he believes his biggest achievement is just having the opportunity to play in college here at Cal Lu, and to succeed at doing so.

"Paul's not only a very good player but also a very good student," coach Marty Slimak said. "He's not a very vocal guy, but he leads by example."

His freshman year, Hartmann was ranked fourth on the team with a .342 batting average and notched



Photo by Kevin Baxter - Sports Information

Hammered Home: Hartmann's 28 home runs is No. 1 in CLU history.

his first four-hit game. Sophomore year, he was voted to the All-SCIAC first team, and led CLU's team with a .371 batting average and 11 home runs.

As an upperclassman, he was ranked second on the team his junior year with a .385 batting average, All-SCIAC second team

honors and 12 home runs. As his senior year continues, he proceeds to make it obvious his career is only on the rise.

"I'd say his biggest achievement here at CLU is probably his home run record," Slimak said.

CLU's all time home run record of 27 was tied and then broken by

Hartmann's two consecutive home runs during the first two innings of the SCIAC game versus Whittier on Friday, March 12. It was Hartmann's fifth multi-home run game of his career.

"He supplies power in numbers, which is the reason why he broke the home run record," said Jordan Ott, teammate and co-slugger. "Home runs always boost the team's confidence."

As a team player, Hartmann not only inspires the other players on the team to have more confidence, but also to be better players together.

"Paul's a good guy to have around; he's very positive," Ott said. "We feed off each other in the game. When he does well, I do well. It helps to have him in the lineup with me and vice versa."

Other than teamwork, there is a lot to be said for the amount of effort put into the preparation for a successful baseball season. For any aspiring sluggers out there, Hartmann offers his keys to success.

"A lot of core exercises and power lifts, weight training and getting stronger," he said.

However, according to Hartmann, staying fit is the easier of the challenges one faces as a baseball player.

"My biggest challenge is probably staying positive with baseball," he said. "Hitting .3 is considered to be successful. You're hitting less than half most of the time so it's like a game of failure. So you have to stay positive."

A high school coach once shined some light on how to stay positive for Hartmann.

"My assistant coach in high school once told me, 'never let the fear of striking out get in your way,'" he said. "Best advice I've been given."

While graduation is on the horizon for Hartmann, he says that baseball will continue to be in the forefront of his aspirations.

"I hope to get drafted and play professional baseball," he said. "Any team; I just want to play." Slimak feels that his star player could go on to have a great career if he sticks with it.

"I think his future career is bright if he goes on to play professional baseball. He's only going to get better the more he plays," Slimak said.

Tigers come from behind against Regals twice

Cal Lutheran unable to hang onto lead at Oxy

Christine Nguyen
Staff Writer

After facing both Linfield and Occidental colleges, the CLU softball team struck out, but still managed to win one game last weekend.

Friday afternoon, the Regals played No. 11 Linfield, splitting the doubleheader with box scores of 2-4 in game 1 and 5-3 in game 2.

With two-run hits from senior Emily Robertson and junior Lizzie Novak and the support of junior pitcher Allyson Salas, they managed to split the victory with Linfield.

The Wildcats used a two-out, seventh-inning rally to defeat the Regals in the first game. In the first inning, Linfield's Karleigh Prestianni hit a two-out single to left field while Emilee Lepp led the game with a double.

Linfield starter Claire Velaski played all seven innings, allowing three hits, two runs and making eight strikeouts. She is now 3-0 this season. Staci Doucette had three RBI on her seventh-inning double and was 2-for-4.

CLU sophomore Talia Ferrari

would blank the Wildcats five innings straight with her pitching. In the fourth inning, Ferrari gave an offensive boost to the team with a triple and tied the game at 1-1 in the middle of the game.

Allowing 10 hits in seven innings, Ferrari was determined to help the team get back up on their feet.

Senior Nikki Campbell landed a triple in between the right fielder and second base. Junior Katy Bateman helped Campbell in on a groundout after five innings, giving CLU a 2-1 lead.

Getting back up on their game, the Regals finished the second game with a 5-3 win and a four-run inning.

Responding to a solo homer opening from Lepp, the Regals took a long, two-run homer from Robertson to centerfield and leading the team with a two-run double from Novak, boosting the score of 4-2 after one inning.

Salas, pitching for all seven innings, managed to allow three runs on six hits for the Regals.

Bateman, Robertson and Ferrari each had two hits in game two. Robertson and Novak contributed two runs for the final win.

"There was a chemistry throughout the team, and we were all on the same page," senior Brittany Ordos said.

"We turned the corner and knew we were right there with a

couple of hits and boosted morale in order to win the second game with couple of hits."

On Saturday afternoon, the Regals faced another doubleheader against Occidental College.

After beating the No. 11 ranking team in the country, the Regals fell short of winning the two games against Occidental with scores of 2-3 in game No. 1 and 5-6 in game No. 2.

The Occidental Tigers won using a late two-run homer in the first game to take it in eight innings.

Trailing 1-0 in the first inning, the Regals had three consecutive two-out doubles in the third inning to take a 2-1 lead.

Bateman doubled to center, starting the rally while Novak also picked up a double to the right field.

"We have the team chemistry like we do normally, but this time we didn't show up to win," she said.

Coach Debby Day declined to comment after this weekend's



Photo by Kevin Baxter - Sports Information

Put 'Em Down: Novak put the Regals on top in game 2 against Linfield.

losses.

"Hopefully after this weekend, we will learn from those losses and have greater sense of urgency to win the conference," Ordos said.

The Regals (8-12, 1-7) play a doubleheader against Pomona-Pitzer (6-10, 2-8) on March 27 at noon.

On Deck



Cal Lutheran
vs. Pomona-Pitzer
Pomona-Pitzer
Saturday noon

COVERING ALL THE BASES

Yankees the frontrunner in 2010 again



Andrew
Parrone

Springtime is here, and for many people spring means baseball. The 2010 MLB season is right around the corner, so it's time to catch up on a few things before Opening Day on April 4.

Last fall, the New York Yankees ended their title drought, beating the Philadelphia Phillies in six games to capture their 27th World Series Championship. I guess that \$200 million payroll was bound to work sooner or later. Alex Rodriguez has to feel like the weight of the world has been lifted off his shoulders.

The biggest news of the offseason was the groundbreaking trade that sent Cy Young winners Roy Halladay to the Phillies and Cliff Lee to the Mariners. Halladay, who had spent the past 12 seasons in Toronto, should benefit immensely in his move to the National League, while Lee will help form the most lethal pitching combo in the majors with Felix Hernandez.

The other huge news of the offseason was the Minnesota Twins catcher Joe Mauer agreeing to an eight-year, \$184 million contract extension that should keep the St. Paul native in Minnesota for the majority of his career.

It's definitely refreshing to see that the lure of free agency and an even bigger contract did not matter as much as the comfort of remaining home in front of family and friends.

So how will all this affect the upcoming season? As always, no one really knows.

The AL East should be the toughest division in baseball again. The Yankees, by virtue of having the highest payroll in baseball, are stocked at almost all positions and solidified their lineup by trading for centerfielder Curtis Granderson. But in comparison, that amounted to a very quiet offseason for the perennial big spenders.

As always, the rival Boston Red Sox should provide the biggest threat to the Yankees. The Red Sox added underrated pitcher John Lackey to their staff, but did lose outfielder Jason Bay.

The race in the AL Central should be wide open. You can usually count on the Twins to be right there at the end of the season, and now they won't have to deal with the possibility of Mauer leaving after the season.

The Detroit Tigers and Chicago White Sox may pose threats, but their inconsistencies are a little alarming. Plus, the Twins have two of the past four AL MVPs in Mauer and first basemen Justin Morneau.

For the first time in what seems like forever, the Angels appear to be in danger of losing their place atop the AL West. The Mariners now look like legitimate contenders with the addition of Lee, Chone Figgins and Milton Bradley. But don't count out the Angels, who still have one of the best managers in the game in Mike Scioscia.

In typical fashion, the National League doesn't appear to be as strong as their AL counterparts. The most likely challenger to that stigma should be the NL Champion Phillies, who now boast Halladay along with the most potent lineup in the league.

Their challengers in the NL East figure to be the Atlanta Braves and New York Mets. This is the last season in the brilliant career of Braves

manager Bobby Cox, and his team will try to send him off the right way. The Mets added Bay to their lineup and hope to avoid the injury bug that plagued them last year.

The NL Central should be all about three-time NL MVP Albert Pujols and the St. Louis Cardinals. The best player in baseball will again be flanked by Matt Holliday and supported by the pitching duo of Adam Wainwright and Chris Carpenter.

The Chicago Cubs will try to end their championship drought, which has amazingly spanned 102 years. I can't see that happening anytime soon. And the Pittsburgh Pirates will attempt to end an ugly streak of futility of their own, as they have now gone 17 seasons without a winning record. Yikes!

The Dodgers may have a tough battle on their hands to retain control of the NL West. Owner Frank McCourt is in the middle of an ugly divorce from his estranged wife, Jamie, and because of this, little was done to improve the club over the offseason.

The Dodgers have a solid core of young players, but questionable starting pitching may come back to haunt them. The only team that has no realistic shot is San Diego. Sorry to burst that bubble.

As much as I hate to say it, the Yankees are the team to beat heading into the 2010 season. Now that they have figured out the winning formula they should be even more difficult to beat. But watch out for those Mariners. Maybe the NL could actually even win the All-Star Game this year!

Anything could happen.

To submit an idea, send an e-mail to echo@callutheran.edu, ATTN: Sports

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Photo by Kevin Baxter - Sports Information

Serving Up Victories: Junior Andrew Giuffrida has yet to lose a singles match since transferring to CLU and is ranked No. 2 in the west region.

[TENNIS, from Page 1]

Jordan Culpepper and Ray Worley topped off the doubles competition with an 8-3 victory against Santa Cruz's No. 3 team and left the Kingsmen in need of only two more wins to seal the match.

"Even though we swept the doubles, there is always a chance the match could go the other way. Luckily our one and two singles players came through," Gennette said.

Giuffrida, who is ranked No. 2

in the west region, knocked off Pybas, ranked third in the region at No. 1 singles 6-3, 6-2, and Worley locked up a victory when he outduelled the No. 6 player in the region, Vartabedian, 6-3, 6-4.

Santa Cruz went on to claim the last four singles matches, but the outcome of the match had already been settled, the No. 10 Kingsmen pulled off an upset of the No. 1 team in the nation on their own courts.

"We were really happy to sweep the doubles. Thankfully we won

the match early. Even though the score was 5-4, it wasn't as close as it seems because we'd already won after the top singles matches were over," Gennette said. "We wish we could've taken one more match to make the win look more convincing, though."

The following day, Cal Lutheran turned away No. 26 Whitman College (Wash.) 9-0 for their 12th straight victory, ending Whitman's 13-match winning streak at the same time. Whitman was able to make three of

the singles matches close, forcing three sets at No. 1, 3 and 4 but didn't come away with a win as they fell to 14-2.

At the Poulson Tennis Center on Thursday afternoon, the Kingsmen defeated No. 21 Salisbury (Md.) University 9-0. CLU also finished up their home stand unbeaten in eight straight matches.

Last year the Seagulls handed the Kingsmen a 5-4 loss when they visited but the Kingsmen returned the favor this year with a

convincing win of their own. The day started out with CLU winning all three doubles pairings.

Giuffrida and Ballou won a doubles match over the nation's No. 11 ranked pairing for Salisbury University. However, the most dominant win in doubles play for the Kingsmen came from Karsant and Lasilla with individual straight set wins.

"Doubles are our strength this year," Lasilla said. "We always perform well in doubles play, but when we combine that with good singles play, we are tough to beat."

In singles play this season CLU is 62-10 with a .861 winning percentage and has been a dominating force all season long. Singles play on Thursday was led by Worley who had straight set wins. Worley had bounced back after receiving his first collegiate loss of his career earlier in the week.

With last week's wins, the Kingsmen are looking at a possible first place finish in SCIAC which would mark the first time the men's tennis team has achieved that since they joined the league in 1992. The No. 10 Cal Lutheran Kingsmen played yesterday against Trinity and return to SCIAC play on April 2 at the Poulson Tennis Center.

With the win over Santa Cruz, Cal Lutheran has indirect wins over every team ranked in the top five, save for Middlebury (Vt.) via Amherst's victory over Claremont-Mudd-Scripps according to Gennette.

"A National Championship has definitely crossed our minds at this point in the season," Lasilla said. "We still have to get through SCIAC and regionals, but we have the focus to keep it going all the way."

Kingsmen end home slump with back-to-back wins

After 1-6 home start, their bats finally catch fire

Andrew Adams
Staff Writer

The Kingsmen slugged their way to a sweep at "Sparky" Anderson Field on Saturday, defeating Ithaca 14-6 and Puget Sound by a score of 12-4.

The sweep came a day after the Kingsmen suffered a sweep of their own, falling in two slugfests to Rutgers-Newark by scores of 17-12 and 22-12.

The offense got started early for both California Lutheran University and Ithaca in the first game Saturday as the Bombers' John Krakower and the Kingsmen's Chris Hertz led off the first inning with home runs. The home run was the start of a big day for Hertz who went 5-6 with five RBI in the game and hit a scorching .650 over the course of the weekend.

"Our offense got hot this weekend and we were able to ride it to big wins today," coach Marty

Slimak said.

The Kingsmen were able to take advantage of a two-out error by Ithaca shortstop David Ahonen in the second inning and add four runs to their total, the final two coming on an opposite-field double by Hertz.

After giving up 39 runs in two games to Rutgers-Newark, senior Robbie Selden turned in a quality start, allowing four runs over six innings while striking out four. The win by Selden was his fifth in seven starts this season.

The Kingsmen bats responded again in the second game against Puget Sound, scoring all 12 of their runs over the first three innings. Hertz highlighted the rallies by coming up with a two-run single in the third inning.

Pitching was a strength again for the Kingsmen as starter Greg Gelber allowed four runs over six innings while striking out five.

Junior Ian Durham thwarted a potential Logger comeback by striking out Matt Cox on three pitches with the bases loaded to end the eighth inning. Durham would go on to strike out

the next three batters in order to end the game.

"I just tried to come in and throw strikes, and I was able to accomplish that," Durham said.

The Kingsmen bats weren't able to overcome large deficits on Friday as the team dropped a double-header to Rutgers-Newark. The 22 runs given up in the second game were the most allowed by a Kingsmen team since a 22-2 loss at Pomona-Pitzer in 2001. The total was also the highest by an opposing team at home since California Lutheran joined the Division III in 1992.

Michael Cassese paced the Rutgers-Newark offense in the first game with three home runs and eight RBI.

The Kingsmen staged a late rally with an eight-run sixth inning, however, they couldn't complete the comeback. Senior Matt Martin led the Kingsmen with a home run and a double as a part of a four-hit day.

The second game of the double-header featured eight home runs and marked the first time the Kingsmen had given up four or more home runs in a game since 2005. Martin, Paul Hart-



Photo by Maxx Buchanan - Staff Photographer

Sliding In: Chris Hertz was 5-6, with 5 RBI against Ithaca College (N.Y.).

mann, Bradyn Delgado and Tom Hocutt all homered for the Kingsmen.

Patrick Reitemeyer highlighted a seven-run second inning for the Scarlet Raiders with a grand slam, which accounted for four of his game-high seven RBI.

The Kingsmen (14-9, 7-5) will next take the field on March 26 to start a three-game series against La Verne (13-8, 7-5).

Cal Lutheran is tied for third place in SCIAC with La Verne,

and each team is 7-3 in their last 10 games.

On deck



Cal Lutheran at La Verne
Ben Hines Field
Friday 3 p.m.



Anti-hate rally held in response to recent events

Page 3



Student work on display during CLUFest

Page 6



Tennis drops its first match of the season

Page 12

the Echo

April 14, 2010 Vol. 55 Number 8

Landmark health care bill becomes law

Extends coverage to 32 million Americans; Students allowed to stay on parents' insurance

Jenny Guy
Staff Writer

On March 21, the United States Senate, and subsequently the House of Representatives, passed the most prominent health care reform bill in American history, stirring up controversy and leaving many, including students, to wonder how this new bill will affect them.

The American College Health Association (ACHA), a principle advocacy organization for college and university health, recently released an update on its Web site ensuring that the interests of students were not left out of the bill.

"The advocacy efforts of ACHA and its partners have resulted in language in the bill that will preserve the ability of our colleges and universities to continue to provide our students with access to quality university sponsored health plans that so many of our students rely upon," the release said.

Although students may not see an immediate change, since many aspects of the bill do not go into effect until 2014, the new bill does include reforms to the current health care system later this year.

According to whitehouse.gov, the recently passed bill is expected to help extend health care coverage to over 32 million people who are currently without insurance. The bill will add 16 million people to Medicaid, a government-funded health care program, subsidizing private coverage for people who have low to moderate incomes.

Under this new bill, many employers will be required to provide health coverage to their employees or face penalties.

Additionally, health insurance companies will now be prevented from denying coverage to individuals with preexisting conditions, such as asthma or diabetes, and will no longer be able to cancel coverage if an individual suddenly becomes ill.

Kerri Lauchner, director of Health Services at California Lutheran University, explains that the most relevant change to health care, for students, is their new ability to remain on their parents' or guardians' insurance until the age of 26.

This aspect of the Patient Protection and Affordable Healthcare Act goes into effect September 2010.

[See HEALTH CARE, Page 3]

Newspapers 2.0

The fate of the industry lives in the digital age

Jakie Rodriguez
Staff Writer

"What is black and white and completely over? It's newspapers," Jon Stewart host of Comedy Central's Daily Show, once said.

The decline of newspapers has been in the making for many years. Declining subscriptions, reduced advertising revenue and the Internet have threatened the survival of newspapers.

While the Internet has failed to aide the development of newspapers, "the industry was its own greatest enemy," said previous advisor to the Echo and current publisher and editor of the Hueneme News, Loran Lewis.

Toward the end of the 20th century, newspapers focused more on increasing profits and reducing expenses rather than focusing on what the consumer wanted.

In addition, larger newspaper chains bought out local newspapers and restricted local news access.

"In general, [newspapers] got fat and cocky," Lewis said.

However, not all of the blame for the decline in newspaper success can be attributed to the papers themselves.

The fear of the Internet itself has proved to be a problem for the newspaper industry.

"The industry was so paranoid that the Internet would 'drink its milkshake' that it rushed online without a proper strategy," Lewis said.

By rushing content online, the newspaper industry lost revenue from classified advertising.

In order to survive, online newspapers will have to start charging a fee or subscription use.

"If newspapers don't stop giving [the content] away for free, they are going to cease to exist because they will have no revenue source," said Dr. Steve Ames, former advisor to the Echo.

While most newspapers have yet to start charging for online use, the Wall Street Journal is one of the first newspapers to

charge for their online content.

On the Wall Street Journal's Web site, viewers can read a few paragraphs of content but must be a subscriber in order to view the full story.

Newspapers that have not yet begun to charge for online content have developed some other ways of cutting costs in order to increase revenues.

"[Some papers have begun to] save money on color by having more black and white photos and by reducing the number of pages and employees," Ames said.

The employees that are currently being let go are those that have been working in the newspaper business for years.

"Newspapers are cutting back on the old-timers with bigger salaries and little multimedia experience," Lewis said.

However, despite the poor conditions newspapers are currently facing, some believe that they will be able to recover and continue to survive for years to come.

"Radios, movies and newspapers were all significantly changed but survived when television came along in the 50s," Lewis said. "There is no reason to think newspapers can't survive as long as they evolve and find a way to maintain reader interest."

While charging for online subscriptions is one way to compete against the Internet, using new technology is another.

The Wall Street Journal has decided to use the Apple iPad as a form of revenue by charging \$17.99 a month for access on the

[See NEWSPAPERS, Page 3]

CLU hosts forum for sheriff candidates

Gannon Smith
Staff Writer

A standing-room only crowd gathered last Wednesday night in CLU's Roth-Nelson room as the two candidates for Ventura County sheriff talked about their experience and plans if elected.

The election for the Ventura County's top law enforcement position has not seen opposing candidates in over 40 years.

Chief Deputy Dennis Carpenter and Commander Geoff Dean, were invited by California Lutheran University to participate in the forum moderated by Robert Meadows, a CLU criminal justice profes-

sor.

Dean gave his opening statement first, saying that he was 53 years old, he had six and a half years of chief deputy experience, three years of administrative experience and three years field operations experience. He also spoke about his family and his college degrees.

In his opening statement, Carpenter made reference to his experience in SWAT, the narcotics unit and the internal affairs unit.

The candidates were asked, "If elected how would you reunify your staff department?"

Dean talked about his stance on not so-

liciting support from employees because he believes that politics should be taken out of public safety.

He also said, "within the first 90 days we will totally review the agency. I will sit together with management as a team and deliver services to the front line."

Carpenter spoke of how in the past he has invited employees to his home and no matter what happens, he supports his employees "then, now and in the future."

The next question asked whether or not the candidates believed that college graduates performed equally or better than their uneducated counterparts.

[See SHERIFF, Page 3]



NEWS

IN BRIEF

Hate crime update

While no one has been charged and no suspects identified in last month's hate crime, the incidents are still under investigation by the Ventura County Sheriff's Department.

Students who have any information regarding these incidents can report it to California Lutheran University Public Safety at (805) 493-3208 or the Ventura County Sheriff's Department.

California Lutheran University has also set up a Campus Conduct Hotline that offers a 24/7 confidential and anonymous way to report activity or behavior on campus that is harmful, unethical, questionable, or causes injury. This outsourced service is at (866) 943-5787.

the Echo will have continuing coverage in the April 14 edition.

ASCLUG elections end today

ASCLUG general elections for 2010-2011 Programs Board and Senate representatives end today, Wednesday, April 14 at 5 p.m.

ASCLUG will host a table at the flag poll where students can vote or students can vote on their my-CLU portal.

Election results will be posted on the ASCLUG office door in the Student Union Building after the results have been calculated.

Work for the Echo

Staff applications are out for the 2010-2011 *the Echo* editing staff. Section editor positions include news, features, opinion and sports. Other positions include copy editor, photo editor, business/ad manager and web editor.

Applications are available from Margaret Nolan who can be contacted via e-mail at mnolan@cal-lutheran.edu

Applications are due next Monday, April 19 in the *Echo* office, 3256 Luther St.

Candidates discuss important issues at forum

[SHERIFF, from Page 1]

Carpenter answered saying that an educational background is very helpful and prepares officers for other parts of the job such as presenting to schools.

Dean's answer was much the same, but he stressed the idea of common sense.

"A formal education shows a person's ability to finish and serves to enhance their ability," Dean said.

When Carpenter was asked what programs are working currently, he flipped through his notes, asked for the question to



Dean

Carpenter

be repeated, then ultimately decided to pass on answering the question.

Dean started out his answer by saying that he believed in community oriented policing.

"We need to instill this idea and

culture into every officer, so that they fix problems instead of just responding and documenting," Dean said. "We can reduce our man power by using technology."

The forum asked questions on immigration, equal working conditions for women and the release of prisoners from jail.

When asked if they supported the legalization of marijuana both candidates thought it was a bad idea.

Both men pointed out that law enforcement would not be able to regulate and control the growth and sale of marijuana with the

current proposal.

Carpenter called it a gateway drug and Dean went on to say that even the medicinal marijuana regulations are not being followed.

In their closing statements, Carpenter pulled out that he is being supported by the current sheriff of Ventura County, Bob Brooks, and he has had an unblemished record for 37 years of service.

Dean said that he was supported by over 60 active and former elected officials and that he was excited to see such a large turn out to the forum.

Loan program to make education more affordable

Alyssa Harris
Staff Writer

On Jan. 28, President Barack Obama signed into law a student loan program that would allow students to pay less for their loans.

Obama's student loan program emphasizes providing financial relief to students for the present instead of the future.

The new program is designed to decrease student's monthly payments after they graduate, to ensure that they are able to flourish in their careers without fearing debt.

According to CNN.com, "Under the traditional 10-year plan, a borrower who graduated with \$25,000 in student loan debt and whose income is \$30,000 a year would pay \$288 a month at an interest rate of 6.8 percent."

Now, a student could opt for payments of \$172 a month spread over a longer time.

College students are ecstatic about Obama's student loan program, but taxpayers will not be.

The new program will allow lower out-of-pocket payments for students but a rise in the pay-

ments of taxpayers. The reason being because the money has to come from somewhere, and if students aren't paying for it at the time, taxpayers will have to pay for the difference until the money is paid back.

"President Obama's new student loan program will help students because it makes it easier for them to pay for their college tuition and to be able to obtain loans," said junior Christian Edwards, a business major at California Lutheran University. "This will allow students to go to the college of their choice and get the education they desire."

According to College Board, the average published tuition of a 4-year, in-state public college is \$7,020, and the average grant and tax benefit per student is \$5,400.

That means on average, students pay 23 cents of each dollar going toward college tuition.

By increasing Pell grants, shortening the debt forgiveness period and lowering the cap on payments, the student loan reform legislation will further decrease the out-of-pocket costs of a college education.

These statistics show that short-term effects of Obama's student loan program will have great success among American students.

At what price is this short term success coming at?

This is a question that many taxpayers are asking in hope that our

government will come up with another program that will not affect them negatively.

"If they are lowering the cost, it will increase student demand, said Bill Watkins, executive director for the Center for Economic Research and Forecasting."

CERF gives first state economic forecast

Henrik Gjertsen
Staff Writer

CLU's Center for Economic Research and Forecasting (CERF) presented their first California Financial Forecast on Wednesday, March 31, in the Lundring Events Center.

The United States economy is emerging from its worst recession in decades. The CERF team led by Executive Director Bill Watkins, Robert Jacobs of Winds of Change Group and Tim Gallagher, president of Gallagher 20/20 Consulting presented their opinions and addressed other issues about the recovering economy.

There were about 150 people who attended the one-day conference, which focused primarily on the economic situation in Ventura County after the 2008 economic collapse.

After its worst recession in many decades the United States

looks to emerge and face challenges that will impact the state's businesses, workers and consumers for years to come.

There were also discussions about how local politics affect the economic stability in the region.

The forecast provided by CERF is their prediction on how the economy is going to survive.

"The process with business is very simple. Business goes good when the economy is up, and goes bad when the economy is down," said Kirk M. Lesh, senior economist at California Lutheran University. "The challenge is how to manage your business when there are difficult economic times, how to adapt to the constant changes in business."

According to Lesh, it is events like this that provide students with internship opportunities and it lets them interact with people who have worked in the business for years.



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Photo by Doug Barnett - Photo Editor

Exchange: Jian Wu President of Zhejiang University discusses study abroad opportunities for CLU students.

Visitors promote student exchange

Brooke Hall
Copy Editor

CLU hosted a luncheon and a reception in order to unite members of the CLU community and visitors from Zhejiang University City College, located in China, on Monday, April 12.

The schools met in order to discuss student exchange programs.

"Xu [Cuiying, consul for Education in Los Angeles] arranged a meeting between ZUCC and CLU

so we could discuss opportunities for students to study abroad," said Joan Griffin, dean of Arts and Sciences at California Lutheran University.

CLU is not the only school that ZUCC has visited in the U.S. in order to discuss and promote study abroad opportunities.

"We are in the U.S. for an eight day visit," said Jian Wu, president of ZUCC. "We are at [CLU] for just today and then we visit schools for two more days in California be-

fore we go back to China."

Students who are considering studying abroad in China attended the event.

"The thought of studying in China has crossed my mind. I'm an exercise science major, though, so I would have to see if I could take classes [in my major] there," Freshman Tiffany Failing said.

The schools hope that the meeting today will help to establish a way for students to broaden their study abroad options.

Roll over possible for Senate and Programs Board

Reanna Woodhouse
Staff Writer

Next spring, ASCLUG might have a slightly higher budget due to an increase roll over amount from this year's student fees.

The student fees are distributed to various programs including Executive Cabinet, student organizations and publications, Student Life, Senate Programs Board, multicultural programs and the community service center.

"[Programs Board] representatives take the total budget and break it down for each event that we are planning for the next year,"

Programs Board Director Ryan Strand said.

Unlike Programs Board, "[Senate] never plans a budget because they have to pay as they go," Senate Director Beth Peters Berry said.

Last fall during the homecoming carnival, the company didn't fulfill their contract. Because of this, Programs Board got their money back.

Senate is also looking to spend most of the money they have left on different projects including new bike racks.

"Unfortunately, Mark Jacobsen who could grant the approval for

the bike racks had surgery. Life happens. It is unexpected stuff like this that can change the budget," Peters Berry said.

"Every year, it is not the goal of either board to drain the entire budget. We try to leave an amount in roll over for next year's ASCLUG in order to have a safety net in case our budgeting goes over," Strand said. "Other reasons for excess general funds stem from events that remain under budget. Any budgeted money not spent for an event goes straight back into general funds."

On May 1, 2010, any excess money from the budget will roll over.

New journalists must be multi-talented

[NEWSPAPERS, from Page 1]
iPad itself.

The \$18 monthly subscription on the iPad is \$8 more than a print subscription and about \$6 more than the current subscription cost to both print and online, gigaom.com reported.

"[Newspapers are] encouraging people to read the paper on the iPad due to its enlarged and paper-like size," Ames said.

If more newspapers continue to follow in the footsteps of the Wall Street Journal, there will be less free content on the Web and thus could lead to more online subscriptions.

"Much of that free content will disappear if Web sites no longer have newspapers to steal from," Lewis said.

However, most newspapers still fail to recognize the severity of the problem they are currently facing and the problem with free online content.

"Very few newspapers have realized it was OK to give away free content for just awhile," Ames said.

While the future for newspapers still remains unclear, most individuals agree that students seeking to become journalists for newspapers will be required

to know and do more than ever before.

"Tomorrow's reporters should learn basic multimedia skills such as video and audio editing and Web design," Lewis said.

In addition to the multimedia skills, future journalists should also be familiar and comfortable with grammar and writing techniques.

"It is important to learn the language skills, the mechanics of writing and editing, grammar, spelling, punctuation, organization and syntax," Ames said.

In addition to the amount of information future journalists should know, the current decline of newspapers has some students worried.

"I think that it will be harder to become a newspaper journalist because there is less or will be less newspapers in the future," junior and communication major Mari Escamilla said.

Despite the current problems the newspaper industry is facing, the fact remains that there will always be a need for news whether online or in print.

"Newspapers are in danger, but they are going to be around in their current form for longer than people think," Lewis said.



Students have mixed feelings over new health care bill

[HEALTH CARE, from Page 1]

Currently, most insurance providers drop these young adults off their guardians' insurance plans once they turn 19 or graduate from college.

"This should help the students who would otherwise lose their coverage after they graduate and who don't have employer-provided medical insurance yet," Lauchner said.

Lauchner explained that many CLU students rely solely on the university's insurance, UnitedHealthcare, and will not see a change in their health coverage until after they graduate.

Individuals who are not working and are no longer on their parents' insurance, but are still under the age of 26, can be reinstated on their parents' insurance plan.

The health care bill is expected to cost approximately \$938 billion over the next 10 years.

However, the measure will reduce the deficit by \$143 billion during this decade, according to the Congressional Budget Office (CBO).

The CBO states that the reduction in the deficit is achievable due to newly created taxes on households with a combined income of \$250,000 or individuals that earn over \$200,000 and Medicare savings.

In the wake of this reform, the politics of U.S. health care has become a hot-button issue.

"It is a very mediocre bill, but at least it is something," sophomore Evan Sandlin said. "The public is still not able to purchase safe imported drugs, and medicare cannot negotiate with pharma-

ceutical companies for lower prices. Both of these things were on Obama's campaign Web site but he turned his back on them the moment he started writing the bill. It is a good but very small step, but much more needs to be done."

Other students, like sophomore Michael Rodriguez, firmly disapprove.

"My main problem with the new health care bill is that the costs to implement these reforms will be born on the backs of our children and grandchildren," she said. "I am opposed to the federal government getting bigger and more powerful. This bill, I feel, was a way of showing the American people that the government can and will do whatever it wants."

Lauchner, voicing her opinion

Health care reform in California



- 36.8 million residents of California will benefit from the reform
- 7.3 million residents who do not currently have insurance can now get insurance
- 3.8 million residents could qualify for premium tax credits to help them purchase health coverage
- 4.5 million seniors would receive free preventive services
- 392,000 small businesses could be helped by a small business tax credit to make premiums more affordable.

-Source: Healthreform.gov

as a health care provider, said, "While this bill is very expensive, I feel that having more Americans covered by medical insurance is a positive step. I have treated too many patients in my career who had to decide between taking im-

portant medications and putting food on their table. I do not feel that medical care should only be for those who can afford it."

More information on the new health care bill can be found at HealthReform.gov.

CALENDAR

Wednesday		Thursday		Friday	
April 14	<ul style="list-style-type: none">University Chapel - Yom HaShoah, Rabbi Gershon Weissman: "Planted in History" 10:10 a.m. Samuelson ChapelCommon Ground: Caitlyn Melio and Erin Boettcher 9:11 p.m. Samuelson Chapel	April 15	<ul style="list-style-type: none">Compact for a Sustainable Ventura County 6 p.m. Lundring Events Center"Generations" 8 p.m. Black Box Studio	April 16	<ul style="list-style-type: none">Urban Exchange: "Gangs" 7 a.m. SUB"Generations" 8 p.m. Black Box StudioCLUFest 2010 Kwan Fong Gallery
Saturday		Sunday		Monday	
April 17	<ul style="list-style-type: none">Scandinavian Festival Kingsmen Park"Generations" 8 p.m. Black Box StudioCLUFest 2010 Kwan Fong Gallery	April 18	<ul style="list-style-type: none">Scandinavian Festival Kingsmen ParkBon Voyage Concert 2 p.m. Samuelson ChapelEarth Week Kick Off 5 p.m. Overton Hall	April 19	<ul style="list-style-type: none">"The Garden" Documentary 7:30 p.m. Lundring Events CenterCLUFest 2010 Kwan Fong Gallery
Tuesday		Next Week: April 21 - April 27			
April 20	<ul style="list-style-type: none">CLU Career Expo 2010 10 a.m. FlagpoleCLUFest 2010 Kwan Fong Gallery	<ul style="list-style-type: none">"Generations"Random Acts of Kindness WeekThe Need: El Salvador EmersionEighth Annual New Music ConcertHonors Convocation			
		<div>Do you have an event to submit to <i>the Echo</i>? E-mail date, time, location and contact information to echo@callutheran.edu</div>			



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FEATURES

Weak economy, sparse job opportunities have seniors sweating

As graduation nears, seniors are forced to answer: 'what's next?'

Courtney Minton
Staff Writer
and
Nessa Nguyen
Staff Writer

The million dollar question for seniors is "what are you doing after graduation?"

Ask any senior at CLU and most would likely say graduation can cause excitement in turning over a new leaf, anticipation of new challenges or anxiety about the uncertainties that await.

However, behind all this thrill and hype are young adults with real, diverse circumstances and concerns.

A survey was conducted on Facebook over spring break by the *Echo* to determine graduating seniors' plans after commencement.

Like the 39 percent of California Lutheran University seniors in this recent survey, history major Brian Beeler is planning to attend graduate school. He aspires to earn teaching credentials to teach history at the junior high or high school level.

Although Beeler's financial circumstance remains relatively unchanged, he emphasizes the importance of graduate school for his future career as it would involve many hours of supervised student teaching in real classrooms.

Beeler belongs to the 78 percent of students who said that they are able to obtain financial support from their family.

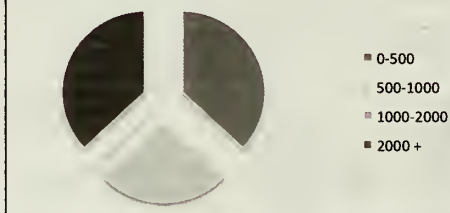
"I've already borrowed money from [my family] this semester. My dad made it a point so I don't have to work during the school year. He wants me to focus on my education," Beeler said.

Beeler expresses concern about the "iffy" economy and the fact that things aren't "looking good for teachers." Nevertheless, he remains optimistic about the future of his career.

"You can get by pretty good as a teacher depending on where you go. You're not going to get rich but you're not going to get broke either," he said.

Beeler's dream is to become a history professor and water polo coach and to reside in Colorado because he loves the mountains and outdoor activities. However,

How much money do you have saved to support yourself after graduation?



in, in a year's time, he plans to live at home to save up and start paying off his loans.

Technical theater major Bri Patillo is moving home after graduating from CLU in May. As a free-lance scenic and lighting designer, she feels reason to be worried about the instability of her employment status.

"It seems to me that people aren't getting jobs. It's all the more uncertain for me because I don't know when I'm going to get paid next," she said.

Patillo receives partial financial support from her parents, who pay for her phone bills and gas.

Thirty-seven percent of seniors surveyed have well over \$2,000 in their savings accounts, Patillo included. However, as an individual with many medical conditions, health care is her greatest concern.

Initially, Patillo planned to take classes at a local community college so she could maintain her student status and stay on her parents' health insurance. However, the recently passed health care bill could mean that she would be covered until the age of 26 without having to stay in school.

Patillo has accumulated a lot of professional experience through working gigs since her junior year, which makes her competitive in the job market. However, she is dissatisfied with the lack of proper training she receives from CLU as an academic institution.

"At one point I was the only technical theater major," Patillo said. "I took four independent studies just to get advanced design classes because they don't have an advanced class. I have to read books to teach myself."

Communication major Cara Suarez is in the same boat with 33 percent of seniors in the survey for whom employment prospects open up early.

She was offered a part-time position as an executive assistant at Advanced Solar Electric. After working there for five years, they decided that she de-

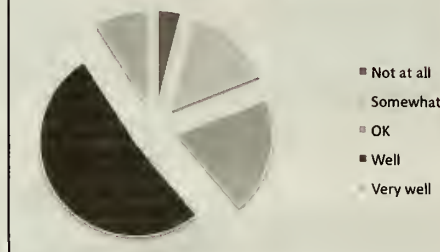
served a full-time position after graduation.

Suarez, realizing that the economy is affecting the availability of jobs, is contemplating taking the position, even though it is not in the field that she intends to spend the rest of her career in.

"I love the company, but it's not a place I would like to be at for the rest of my life," Suarez said. "I would like to move out of Thousand Oaks and find another place to stay, but with what they are offering me it sounds pretty good."

Teachers are expressing a concern for the graduates as well. English professor Dr. Penny Cefola feels that new graduates'

Do you feel CLU has prepared you for the future?



lack of experience is what loses them job opportunities.

She believes that CLU offers a solution to this dilemma.

"CLU can prepare students for their profession by networking with local companies, and those throughout the country that provide opportunities for internships in their companies," Cefola said.

Cefola says that team working abilities, interpersonal communications, commitment to the company's goal and a visionary outlook are necessary for recent graduates to be successful in the work force.

A recent Business Week article stated, "The National Association of Colleges and

Employers (NACE) is reporting what appears to be a turnaround in the job market for new college graduates."

"NACE's most recent survey of employers found one-third expected to increase college hiring in the first quarter of 2010, while 26.7 percent expected a decrease—the first time since August 2008 that the optimists outnumbered the pessimists."

According to Cefola, "Most companies would want to hire intelligent employees who can work independently and with minimal supervision and, most of all, who is teachable and trainable to achieve their highest potential."



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CAMPUS QUOTES: Would you buy the new Apple iPad?

Greg Burch



"The iPad is too big and too much money. I wouldn't buy it."

Shannon Teague



"I don't have much thought on the iPad. I don't even have an iPod Touch."

Blake Carney



"From what I see it's pretty cool for business, but it's too expensive for me."

Kiah Shapiro



"I don't really see how it's a new technology, but I want one."

If you have an idea for a Campus Quotes questinn, e-mail it to the Echo at echo@callutheran.edu

Annual CLUFest projects into the future

Haley de Vinney
Staff Writer

The future of art found a showcase at Cal Lutheran's annual multimedia event, CLUFest.

On April 11, in the Kwan Fong Gallery, CLUFest celebrated the university's finest digital work created by students.

The capstone class, taught by Tim Hengst, multimedia and art instructor and Barry Burns, Associate Professor of Multimedia and assistant to the President, created an exhibit that displayed their artwork and the artwork of other CLU students.

Hengst created CLUFest years ago for students. "I started it in 2002, as a way for students to showcase their work," he said.

It includes categories of artwork such as photography, digital illustration, 3D design,

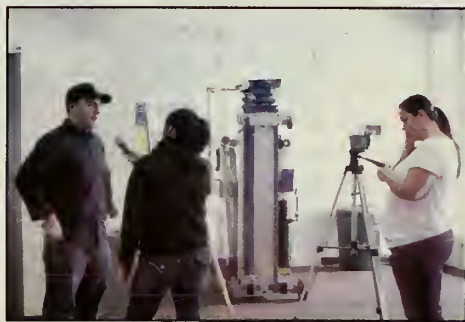


Photo by Robyn Poynter - Staff Photographer
Action: Senior Ryan Capriccio interviews for a CLUFest demonstration.

print design, graphic design, web design, digital sound and high definition video.

Live demonstrations by the participating artists and instructors, a wall of repeating slideshows, monitors showing

short movies and music were also incorporated at the festival.

While the class normally has 15-20 students, this year there are only five students: seniors Ryan Capriccio, Mike Chris-

tensen, Eric Debruin, Chase Hamano and Erik Mathre.

All five multimedia majors, were in charge of the concept for the exhibit, gathering and choosing the artwork and setting up the exhibit.

They knew that they wanted to do something unique with the exhibit.

"We had the concept of doing the projected show immediately and it was just a matter of filling in the details, which was getting in something interactive, the demo reels, the video and how we were going to present the music," Capriccio said. Christensen had a soft spot for the project.

"There are students who have worked really hard at perfecting their craft and we really want to show what they're able to do," he said.

Having a digital arts event shows the growth in technology."

Ryan Capriccio
Senior

As CLU grows in students and faculty it also grows in technological advancements and CLUFest is an example. "I think having a digital arts event where people from all over campus can submit stuff is really something that is good because it shows the growth in technology," Capriccio said.

"You don't have to be a multimedia student to submit great digital artwork."

The exhibit will continue to be open to the public through April 23.

Few and far between

Just a semester in, freshman Cortney Jordan, makes her mark on swim team

Echo Staff Report

Every four years, following the Olympic Games, the equally competitive Paralympic Games are held as international multi-sport event for athletes with physical disabilities.

According to International Paralympic Committee, "In 1948, Sir Ludwig Guttman organized a sports competition

involving World War II veterans with a spinal cord injury in Stoke Mandeville, England. Four years later, competitors from the Netherlands joined the games and an international movement was born."

By emphasizing the talents of such athletes rather than their disabilities, the world renowned Paralympics have inspired millions.

Amidst the intense competition

[See STROKES, Page 7]

THE FASHION PLATE: A HEALTHY SERVING EACH WEEK

Celebrating a year of fashion talk



Heather Taylor

I Like It Made Well

Happy one year anniversary to The Fashion Plate! When I started writing this column a year ago, my first article was about the

stylish Miss Alexa Chung, the British model turned TV show host with her signature casual looks featuring boyfriend cardigans and shorts paired with stockings.

Since that article, MTV may have canceled her show, but Alexa is still turning heads with her latest collaboration with Madewell clothing stores. Alexa Chung for Madewell embodies the spirit of her sense of style with dresses featuring Peter Pan collars, striped shirts, shorts and trousers paired with large belts.

Such a collection would not be complete without shoes to accompany it. Strappy boots with stacked heels and buttery lace-up brogues add to the Alexa aesthetic of casual cool.

What are the other wonderful things about the collection? For starters, the price is right. Pieces in this laidback collection begin at \$59, which is a good deal considering that the clothes are made as classic investment pieces. The

second thing is that even if you are hard up for cash, Alexa's collection isn't going to be released until this August in Madewell stores nationwide. This allows you plenty of time to save, spend on a cute frock and rock the look with pride all throughout the summer season.

Love Haight

I've been in love a few times, but those loves all pale in comparison to what happened during spring break when I met my destiny and spent an incredible six days with it. Six days where I was happy one day and furious the next, but still kept coming back for more and felt like I could finally breathe for the first time.

It was true love with San Francisco, that majestic city by the bay.

It seemed everywhere I turned there was music and laughter and life whipping by me in all directions. I spent my time in Union Square where fate decided it was only natural for me to stay across the street from a clothing boutique and directly diagonal from a Banana Republic store. The boutique was called Shotwell, which specializes in trendy men's and women's clothing, featuring brands like Charlotte Ronson, Alex and Chloe and Brian Lichtenberg.

While I loved strolling Union

Square, visiting the Neiman Marcus showroom and Barneys New York, I'm really a consignment shop/thrift store junkie at heart and so I left the area for Haight and Ashbury streets where I found just the kind of "Ambiance" I was looking for.

Ambiance is a two-story boutique with mounds of lovely dresses, shoes, tops, bottoms and accessories. The sales racks are loaded down with goodies with everything from XOXO to French Connection and the staff is very good about letting you try on outfits and assisting with putting these outfits together. There also happen to be plates filled with gold and silver rings shaped like roses and bows by the counter.

Wandering down Haight finds even more goodies. That building with the fishnet clad legs sticking out of the window? None other than the Piedmont Boutique, where all of your feather boa, cigarette holder and costuming needs are satisfied.

Buffalo Exchange is another treasure trove where you can find fantastic deals of all sorts for under \$15 and sell your clothes, for cash or trade by selection from store representatives.

Oh, that city. Stole my heart away. I guess it's safe to say I left my heart behind in San Francisco. Though I can't remember in which store I left it.

the Echo
2009-2010

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HE SAID, SHE SAID: A LITTLE OF HIM, A LITTLE OF HER

He says aquarium formal is a fish flop



HE
SAID

Antoine Adams

I spent my Saturday night doing nothing special. Although Spring Formal was at a nice location (Long Beach Aquarium) that was about the only thing worth mentioning.

First problem I had was the alcohol policy. Now this wasn't my first Spring Formal, but it was the first time I had attended a school dance since turning 21. I was excited to have this opportunity, but soon learned that I had restrictions.

Students of drinking age were limited to three drinks or three tags marked on our wristbands. These tags also included any drinks we bought for friends.

I don't know about everyone else there, but I was ready to spend a decent amount of cash on those expensive drinks to make the dance more enjoyable for myself. Three drinks of anything has not shown me a good time since the first time I had a sip of alcohol.

Second problem I had was the dance was at the aquarium, but I didn't get to see the entire aquarium.

I got there around 7:30 p.m. Spring Formal started at 7 p.m. the aquarium was only open until 8:30 p.m. That would have left me plenty of time to scope out the fish, which would have been a better excuse to spend \$50 on my ticket.

Third problem I had was if you wanted to have a table and sit with your friends you would have to reserve one immediately. The food started coming out at 8 p.m., so you had to pick between eating and sitting with your friends or seeing fish. I didn't eat before I got there so I needed to choose food over fish.

The time constraint left students feeling limited. I didn't even get to see the sharks.

Fourth problem I had was the DJ was not very good. His song selection was mediocre at best. A dance can never be a great dance without a great DJ, so it wasn't a great dance.

When leaving the aquarium, I walked past a nightclub and found myself dancing to those two songs more than I danced on the dance floor at Spring Formal.

Now I've been to past spring formals hosted by CLU, and they were great. I've also been to a few outside of CLU that don't compare. Unfortunately, I know I won't be bragging to anybody about the last Spring Formal of my life.



Alexandra Butler

SHE
SAID

It is so unfair how minimal the "getting ready process" is for guys. However, my personal opinion is that the most fun happens before a dance or formal outing.

A dance is an opportunity for a girl to be glamorous for a few hours. After attending many formals in my life, I have a few survival tips to keep you looking glamorous for the night.

Since you are going to be dancing and, more than likely, sweating, lightly hairspray your face. Hold the can far away from your face and do not spray too hard. This will keep your make-up from running. It sounds crazy but it works.

Second, always pack a pair of flip flops that match your dress. The honest truth is that heels look great in pictures, but can really take a toll by the end of the night.

Third, to take a fabulous picture, look away until the picture is just about to be taken. This will help the picture look less posed and more natural.

Fourth, just dance.

This year's spring formal was at the Long Beach Aquarium, and

the location could not have been better.

The dance area was set up in the main lobby and the exhibits were really interesting. It's not everyday that a person can eat dinner in a fancy dress under a big blue whale!

I was really skeptical of the location at first. But, in the end it was a really unique experience.

If I became tired of dancing, I could walk around and see all the fish tanks.

It was also a very romantic area at night. Outside the aquarium was a harbor that lit up at night.

After the events at last semester's Homecoming Dance, I was interested to see how CLU was going to handle selling alcohol.

At this dance everyone was given a wristband that had number tabs to keep track of how many drinks a person purchased. I thought this was a really good policy and compromise. This dance was extremely different from Homecoming because people were more respectful and well behaved. I think people definitely redeemed themselves from the last dance.

As a senior, this was my last formal. My biggest regret is taking these events for granted. I wish I took the time to dance a little longer, or take one more picture.

My advice to all students is to cherish every moment. Go to dances, take chances and meet new people. The dances are ways to let loose and be with your friends.

I've been to dances with a date and single. I had a blast in both circumstances, so singles don't be shy! This year I had a date, and it was wonderful. I wish I could have frozen the moment of feeling young and reckless together.

Out of all the dances, this location was my favorite. To all underclassmen who think dances are a waste of money, the memories created at these events are priceless.



To submit a story idea, send an e-mail to echo@callutheran.edu, ATTN: features

Strong strokes, stronger heart



Photo by Doug Barnett - Photo Editor

A Champion: After winning six silver medals at last year's Paralympics, freshman Cortney Jordan continues to shine on the CLU swim team.

[STROKES, from Page 5]

is our own freshmen Cal Lutheran swimmer, Cortney Jordan.

"I've been swimming competitively since I was 7 years old. I compete in every event, but my strongest strokes are freestyle and backstroke. My favorite event is probably the 100 backstroke though," Jordan said.

On Nov. 29, 2009, the International Paralympic Committee Short Course World Championships in Rio de Janeiro occurred, sparking a week of international competition.

Jordan competed in every swimming event, and was victorious, winning six silver medals at this year's games.

One might wonder what kind of training is able to prepare someone to be so successful at their event.

"I practice at least eight times a week for two hours, go to the gym and lift weights at least twice a week, run once a day, and go to yoga and pilates. It's a lot of work, but I have fun doing it," Jordan said.

This dedication was clearly demonstrated through her six silver medal win.

In his first year at CLU, women's swim coach Dodd is proud to be a part of Jordan's journey.



"She is one of the hardest working, most focused athletes I have ever had the pleasure of coaching. I look forward to seeing her progress in the future and believe she has what it takes," Dodd said.

Every practice Jordan comes out with the determination and mindset to be the best.

The statement "you practice how you play" comes to mind when she pushes herself and competes - a drive that is few and far between.

Fellow team mate Mikayla Avrea has the pleasure of swimming with Jordan this whole season.

"Courtney is one of the hardest workers on the team. I think it's a honor she chose to swim with us and

was great having her as a teammate," Avrea.

It is not only her fellow team mates and fans that cheer for her, the gesture is reciprocated.

"She was also very supportive and cheered for everyone during their races," Avrea said.

Every team hopes to experience a member with this determination and support.

For more information visit www.paralympic.org/ParalympicGames/



CLU's most scholarly come together for annual festival

Lauren Puopolo
Staff Writer

All topics are up for discussion at Cal Lutheran 2010 Festival of Scholars.

According to Michelle LeBlanc, PhD and director of the Office for Undergraduate Research, this has been the biggest Festival of Scholars with 250 applications submitted by students wanting to participate.

The event begins April 23 and will continue up to May 1.

All sorts of topics will be showcased by undergraduate students who have been working hard to do research beyond the usual

classroom activities.

This is only the fourth year that California Lutheran University has put on this scholarly student event but according to LeBlanc, a lot has improved.

"We've really raised the level of professionalism. The event is run more like a professional conference with stricter guidelines," LeBlanc said. "The level of involvement has also increased. Almost every single department is involved in the festival of scholars, and the number of students participating has almost quadrupled."

She continued by discussing how positive it can be to put the

Festival of Scholars on your resume and how it can also help prepare for graduate level programs.

Dan Restuccio, professor of multimedia, describes his student's participation in the festival of scholars as a "unique challenge".

Since the first Festival of Scholars, Restuccio has challenged some of his advanced students to present the "24 project," which captures 24 hours of life activity within CLU, Thousand Oaks and Los Angeles. The project captures several images that collectively put together a great visual story.

According to Restuccio, he has

three classes that are participating in the Festival of Scholars. These students will use "still photography, video and their own mind to capture their own stories."

A student of Restuccio, sophomore Scott Beatty, will be presenting for the first time in the Festival of Scholars, where he will be showcasing two different projects that he has been working on.

One is called "The Sacred Forest of Acadon," and the other will be clips from his own original movie, "Robox."

According to Beatty, he feels "excited" and "honored" to par-

ticipate in the Festival of Scholars.

"The positive thing about participating in the festival is that it will be a good time to talk to people about what we have been working on and really get it out there. Also, I think that this is a really great step for the future of our movie 'Robox,'" Beatty said.

The topics students have picked range anywhere from serious topics such as terrorism and sex slavery to the creativity of the drama and multimedia students.

"I'm excited for the event because I believe it will be good practice to talk to people about creative ideas," Beatty said.

OPINION

Be a good Samaritan: support the health care overhaul



Erica
Larson

In the 1960s, the Democratic Party's push to have civil rights legislation and Medicare brought extreme opposition within Congress.

Nearly 40 years later on March 23, 2010, President Barack Obama's plan for national health care reform has passed, but not without thorough obstruction by Republicans.

Though Obama is most recently credited with bringing new light to the issue of health care reform, it is no secret that even prior to the 2008 election, health care costs in America were on the rise.

Even amidst apost-Bush recession, which continues to fiscally disable millions of hardworking men and women living in the United States, a recent Kaiser Family Foundation and Health Research survey found the cost of an average family policy increased by 5 percent between 2008 and 2009.

Translation: Americans are earning less and health care is costing more.

But that economic elephant in the room is nothing new. Quality

health care has always been a luxury of the affluent. For those who could afford insurance or had parents who had the extra income to afford insurance, an annual check-up, a prescription for antibiotics or a teeth-cleaning were only time-consuming speed bumps and minor inconveniences on the road to optimum wellbeing.

For the unfortunate 45.7 million Americans who are not insured, according to the 2009 Census, a trip to the doctor, a prescription or a dental examination means financial debt and low morale resulting from furthered belief that the country has no concern for their health care needs.

It seems now a sliver of hope has emerged.

The United States National Health Care Act will offer coverage to 32 million Americans. The United States Census Bureau reports that about 60 percent of Americans receive insurance from their employers. Because the bill is designed to preserve the role of employers as providers of health insurance benefits, it is unlikely that people within the 60 percent bracket who make less than \$200,000 will see any changes.

According to www.whitehouse.gov, the act will "make insurance more affordable by providing the largest middle class tax cut for health care in history, reducing premium

costs for tens of millions of families and small business owners who are priced out of coverage today. Under the plan, 95 percent of Americans will be insured."

The bill will end discrimination against Americans with pre-existing conditions.

Beginning this year, insurance companies will be prevented from denying coverage to children because of pre-existing conditions. By 2014, insurance companies will be prohibited from denying coverage to adults with pre-existing conditions.

Within the current year, insurance companies would also be required to cover preventive services such as vaccines.

The health care bill will allow parents to keep their children on their insurance plan until the age of 26 to aid both young Americans and recent college graduates who may have a difficult time affording insurance or finding a job where insurance is provided.

The bill will give older Americans a rebate on prescription drug costs.

Since the bill has passed, the uninformed complain that the Health Care bill will exponentially increase taxes.

This is far from true.

The bill is to be paid by a combination of tax increases on individuals over a specific income cap and deductions from Medicare.



Photo courtesy of <http://www.sxc.hu/>

Those in the high income bracket, individuals with incomes of \$200,000 or higher, and families with combined incomes of \$250,000, will experience a 3.8 percent Medicare Tax. In addition, they will be taxed on unearned income, including dividends and interest.

Pharmaceutical companies, medical device manufacturers and insurers will also be subjected to higher taxes.

With all of the tax hikes, it is easy to see why health care reform is such a controversial issue. Though millions of Americans will be healthier, America's upper class will be footing the bill.

Mark 12:31 reads "Love your neighbor as yourself." The response to the question, "Who is my neighbor?" is found in the parable

of the good Samaritan.

In the parable, a beaten traveler is left for dead on the side of the road. A priest and a Levite both pass him by, but a Samaritan sees the wounded man and feels compassion. The Samaritan soothes the man's wounds with olive oil and wine and bandages them. Next the Samaritan places the wounded man on his own donkey and takes him to an inn, offering his own money in exchange for the innkeeper's hospitality.

I am confused as to how anyone thinks showing mercy to the millions of Americans who need health care is any different than the Samaritan being a neighbor to the wounded man on the side of the road.

For the greater good of our country's future and for the children who will someday be in charge of making important choices on our behalf, we must take advantage of an opportunity to create a place where we are not afraid to care about the wellbeing of others.

In any case, much remains to be seen. The next step is for members of the Senate to sign off on the recent changes, but Republicans have indicated they will use any and all legislative tactics to slow or even stop the bill from passing.

At this time, I remain optimistic, but only time will tell.

'Buried Life' unearthed as TV treasure



Gabby
Gomez

Finally, a show that doesn't make me feel dumb, blonde or like a toddler.

MTV is making a bold new adjustment to its reality shows.

The station seems to be shying away from shows that have no meaningful content such as "Jersey Shore," which mainly encourages sex, alcohol and fist pumping, to shows that encourage the youth to help each other out and do good deeds while having fun.

In April of 2009, MTV picked up a new show.

Aptly named "The Buried Life," the show is an attempt to pioneer the way for what the station is calling "MTV for the era of Obama."

This is a new direction from past shows like "Real World," "Laguna Beach" and "Parental Control." It gives me hope that MTV is finally making the switch from blind date and game shows.



Photo courtesy of <http://www.sxc.hu/>

four friends: Ben Nemtin, Dave Lingwood, Duncan Penn and Jonnie Penn from Victoria British Columbia, Canada who made a list of 100 things they wanted to do before they died.

However, they are not just focusing on their dreams.

With each number of their list they complete, the friends help someone else achieve one of their own dreams as well.

This concept of paying it forward is awesome to see in action, and the way MTV has put their spin on the classic "good deed" could influence America's youth in a positive way—instead of just influencing the youth to use the term "GTL" (meaning gym, tan, laundry) in everyday conversation.

The series premiered Jan. 18,

in an episode where the boys attempted to complete No. 6 on their bucket list—attend a party at the Playboy Mansion. They attempted to sneak into the party as uninvited guests, but per their mission, also helped a group of underprivileged kids get a new computer for their classroom.

Other episodes have included playing basketball with President Obama, helping to deliver a baby, making a toast at a strangers wedding, helping a son and father reunite and throwing a "badass" party.

This show allows MTV to balance its youthful reputation while also doing something meaningful for the greater good.

I applaud MTV's efforts to

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make a reality show worthwhile to watch.

This show has good morals without being boring. With the thought that every day could

potentially be your last, MTV leaves it's viewers with one good question—

What do you want to do before you die?

Summertime options are costly at CLU



Jennifer
Nechiporenko

As summer quickly approaches, the option to go home or stay at school is something every CLU student must think about.

There are so many choices that students have: go to summer school at California Lutheran University, get a summer internship, go home, take a class at a local community college or get a part-time job.

The majority of students, including myself, opt to go home and see friends who have been away at school and spend time with family we have not seen in a while.

I concede that it can be seen as more responsible to stay at school and take summer classes, complete an internship or get an on campus job. However, the "responsible" option is not always the cheapest.

Living on campus over summer is expensive, especially with summer school tuition priced at \$990 per credit this year. Whereas living at home is free for most students and community college courses are under \$100 per credit, even under \$50 per credit for some colleges.

This brings up another interesting decision. Should parents charge their kids rent when they come home over summer or ask them to help out with bills while taking summer classes?

My parents don't make me pay for anything when I come home except for little extras like shop-

ping and the movies. But I understand some parents are not so forgiving when students come home for summer.

Another option for summer instead of taking classes is working as an intern.

Internships are great for summer. However, if they are going to be counted as summer school credits, CLU students must pay for each credit earned. That means a four-credit internship will set you back approximately \$3,960.

Also, there is the option to overlap a summer internship with a few weeks or a month of the start of school and have it count as credit for fall semester. But, the key is finding an internship that is commutable from home and school, which is difficult for students that don't live in Ventura County.

Many students hope to get part-time summer jobs when they go home over break. However, this is more difficult now than it was a few years ago.

Most employers no longer hire part-time summer positions because they are looking for employees who will be with them for a longer period than just three short months.

Keeping all of this in mind, I am choosing to go home over summer and take a class at Citrus community college. Hopefully, I can find a part-time summer job as well.

Even if your plans do not involve working or taking summer classes, that is fine for one summer or two. However, students eventually need to be productive with summer breaks. If students do not ease into working during summer, they will have a rude



Photo courtesy of <http://www.sxc.hu>

awakening after graduation. Summer is supposed to be fun, however, it should include a balance of work and play.

Pro athletes should be admired for talent, not morals



Reshai
Tate

Tiger's back, and we care way too much.

All eyes were on Tiger Woods this week in Augusta, Ga. as he competed in his first major tournament since his multiple extramarital affairs became headline news in November of last year.

With so many people weighing in on whether Woods can repair his battered image, it's become clear to me that we as a society have varied and disjointed expectations for professional athletes.

The issue Woods is facing concerning his image has much more to do with the public's perception of his sport and little to do with his sexual transgressions.

For some reason we have convinced ourselves that athletes playing particular sports like golf are more morally sound. Although that initially sounds ridiculous, it's completely true.

In our eyes, golf is a sophisticated sport. Unlike rugby or basketball where we expect athletes to be impulsive and aggressive, we expect golfers to be

calm, calculative and precise.

As harmless as those expectations seem, they all too often bleed over into our expectations of those same athletes' personal lives.

When we hear about Woods' sexual escapades, we are shocked. With only his public persona to use as a reference, we expect it and his private life to match up.

That isn't the case for all professional athletes though.

For example, according to The New York Times, the divorce rate among NFL players is between 60-80 percent and has been for some time now. Most of those divorces are the result of a cheating spouse, usually the athlete.

As staggering as those numbers are, we are much more tolerant of promiscuity among these athletes and even determine it as apart of the pro-footballer lifestyle.

For many, Woods has forever lost his appeal as a suitable example for children.

Rather than lifting up the discipline Woods brings to his sport and the amount of skill he shows while on the green, many parents have decided to count him out as a role model.

This begs a question regarding all athletes and not just Woods. Should we consider profes-

sional athletes as role models for young children?

If we are willing to consider them role models based on their athleticism – the very reason they are in the public eye, that's one thing.

However, if we're going to over analyze every aspect of their personal lives, expecting them to be the moral compasses for our children, that's a different story.

Interestingly enough, as the

public swarms around Woods and more companies consider dropping him as a spokesperson, Nike has remained supportive.

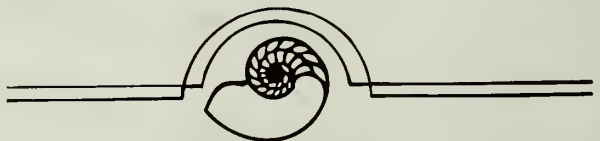
I wish I could say it's because the mega-brand has decided to take the moral higher ground in this whole ordeal, but even they've found a way to exploit Woods' situation with their most recent commercial.

In the 33-second clip, Woods appears somber and reflective.

Unlike many of his other Nike ads, he is not seen with a golf club in hand. Instead, he looks directly in the camera while we listen to words of wisdom from his deceased father who asked among other things "did you learn anything?"

I'm sure that he has, even if it's how to cheat and not get caught. Whatever the lesson learned might be, if it won't affect his golf swing, we shouldn't be concerned.

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Please limit responses to 250-300 words.

Letters to the editor must include your name, year/position and major/department.

SPORTS

Regals remain at bottom of standings in softball

CLU loses three of four weekend contests at home

Andrew Adams
Staff Writer

Cal Lutheran played two doubleheaders against the University of La Verne over the weekend, managing only one win in four games.

That lone win came in an 8-7 victory in the final game of the weekend. Earlier in the day, the Regals dropped a 2-7 decision to their SCIAC opponents.

The Regals lost both games of the double-header to the Leopards on Saturday, losing by scores of 4-3 in extra innings in the first game and 1-0 in the second game.

In game one of the double-header, the Regals and Leopards entered the sixth inning locked in a scoreless tie.

The Leopards were soon able to plate the game's first run on a sacrifice fly by Leopards third baseman Alicia Wong that plated Lisa Neu.

Facing a 2-0 deficit with only three outs left to work with, the Regals were able to fight back and tie the game thanks in large part to senior Emily Robertson and

sophomore Talia Ferrari.

After putting runners on first and second to start off the inning, Robertson drove in junior Katy Bateman with a double to left center. Ferrari then welcomed new Leopards pitcher Delaney Baylor with a game-tying double to left field.

However, the Regals couldn't complete the rally when freshman Geri Jensen hit into an unusual double play.

With the bases loaded and one out, Jensen lofted a fly ball to Leopards center fielder Lissa Ishihara, who fired the ball to home plate where Robertson was cut down trying to score the game-winning run.

"I just tried to make an accurate throw home, and it ended up being a big play," Ishihara said. "I have to give credit to my catcher for getting the tag down in time as well."

Ishihara was in the middle of the action again the very next half inning as she scored the go-ahead run on a triple by Leopards Tara Allis. After adding another run on an illegal pitch, the stage was set once again for a Regals comeback.

After a leadoff single by junior April Rosas, Bateman drove her home with a one-out double. She then advanced to third on a



Photo by Maxx Buchanan - Staff Photographer
Gold Glove: Junior Lizzy Novak has a .963 fielding percentage this year.

groundout, and after Robertson was intentionally walked, the tying run stood 90 feet away with Ferrari at the plate. Ferrari put up a fight but eventually struck out, ending the game.

"I was proud of the fight of our players; we fought back from

two deficits, and although we weren't able to complete the second comeback, we proved that we won't give up," Regals coach Debby Day said.

The second game of the double-header was also a pitchers duel, as both teams remained off the

scoreboard until the third inning when the Leopards used small ball to score what would turn out to be the game's only run. ULV's Ashley Paul singled and then with two outs stole second, advanced to third on an illegal pitch and scored on another illegal pitch.

Leopards starter Brittney Flores, who scattered four hits and five walks over seven innings while striking out 12 Regal's, stifling CLU's offense.

"I had all my pitches working for me today and my catcher called a great game for me," Flores said.

The Regals attempted to stage a comeback in the final inning as junior Breanna Johnson led off the frame with a double to left field.

Johnson was never able to make it home because the Regals ended the inning with a foul out, groundout and fly out to end the game.

On deck



Cal Lutheran
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COVERING ALL THE BASES

March Madness is gone, but basketball is far from over this calendar year



Andrew
Parrone

The long grind of the NBA regular season is all but in the books, which can mean only one thing: It's time for playoff basketball!

As exciting as March Madness is, the NBA playoffs are even better. The playoffs are two solid months of the best players in the world competing almost every night. The NCAA tournament is three weeks of guys who hope they can one day make it to the NBA. Sounds like a no-brainer to me.

Coming into this season, it looked like four teams (Lakers, Cavaliers, Magic and Celtics) would be the class of the league. For the most part that has held true, even though the Celtics have gone into the tank.

For much of the season, it was the Lakers and everyone else in the Western Conference. But since the All-Star break, the defending champs have been a pretty average team. With An-

drew Bynum hurt (again) and an absolutely horrible bench, the Lakers could be in trouble. However, it's never a good idea to bet against Kobe. Ever.

The rest of the West is arguably as deep and competitive as it has ever been. Any team is capable of winning a playoff series, even against the almighty Lakers. But among this group, it appears the Jazz, Mavericks, Nuggets, Suns and Spurs are the biggest challengers.

The Jazz have been one of the NBA's hottest teams since the middle of January, as Deron Williams has emerged as possibly the best point guard in the league. It would be nice to see Jerry Sloan win one after repeatedly having his heart ripped out by Michael Jordan.

If Williams is not the best point guard in the business, it's Steve Nash. He continues to defy nature at age 36 and has the Suns looking as good as they did in the D'Antoni days. Expect a heavy dose of pick-and-roll between Nash and Amare.

The Spurs appeared to be done at the All-Star Break, but thanks to the rebirth of Manu Ginobili, they find themselves in the thick of things yet again. No one wants to play Gregg Popovich and Tim

Duncan come playoff time.

The Nuggets have one of the most explosive offenses in the league behind Carmelo Anthony and Chauncey Billups. They can score with almost anyone, and they should rally emotionally with the return of coach George Karl from cancer treatment.



The Finals

The Mavs used a midseason trade for Caron Butler and Brendan Heywood to revamp their roster, and the results have been very positive. Dirk Nowitzki continues to be one of the league's best scorers, and Jason Kidd continues to set things up for teammates just as he always has.

But these teams are not without problems of their own, with flaws such as an inability to win on the road (Utah, Denver), puzzling inconsistency (Dallas), old age (San Antonio), and aversion to defense (Phoenix). Matchups will play a huge role in determining who makes it out of this

group.

Cleveland may have its finest team LeBron James era, and with free agency looming ominously on the horizon it's now-or-never for the Cavs. LeBron has further cemented himself as the greatest basketball player on the planet and is a lock to repeat as MVP.

The Cleveland brass has done everything in their power to surround him with help, adding Shaq in the offseason and Antawn Jamison at the trade deadline. The only question now is if all these moves will pay off when it really matters.

The Cavs biggest challenge will come from Dwight Howard and the Magic, which could be the most dangerous team in the playoffs. They have a ridiculous amount of depth coming off the bench, and no team is better at bombing away from the three-point line. It also helps to have Superman patrolling the paint. But if the three-ball is not falling, things could get ugly for them.

Even though the Celtics have been stinking it up lately, it's hard to write them off completely because experience is such a valuable thing in the playoffs. If anyone can rally this team to another championship, it's KG.

The Hawks have surprisingly risen to nearly the same level as the East's other elite teams, but it's hard to imagine them getting through both Orlando and Cleveland. The Heat make this list solely because of Dwayne Wade, who has almost single-handedly carried them into the playoffs.

So who emerges from this mess with the Larry O'Brien Trophy in June? I don't think we are going to see LeBron vs. Kobe, the matchup that most people (not including me) want to see. I think we're in store for a rematch of last year's Finals. This time, however, the Magic will use its superior depth to physically wear down Kobe and Co., beating the Lakers in an intense six game series. I'm prepared to be proven wrong though.

So over the next couple months, be prepared to see plenty of dominating performances, epic battles, breathtaking plays and unforgettable moments. The Finals may be a long way away for some, but until then you should enjoy the ride.

To submit an idea,
send an e-mail to
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ATTN: Sports

Kingsmen clobber Caltech Beavers in three tries

Cal Lutheran moves into third place in SCIAC

Amanda Lovett
Staff Writer

Kingsmen baseball swept away Caltech in a landslide this weekend with a total score of 40-2 throughout the three-game series. This series puts Cal Lu 20-12 overall, and 13-8 in SCIAC.

Seniors Robbie Seldon, Paul Hartmann and Landon Smith played all nine positions during the series.

On Friday, Seldon took the field in each position at Caltech, putting him out of his element.

"It was a little uncomfortable, particularly third base, because it's a hot corner," Seldon said. "But I didn't get any balls out in the field, so it wasn't too bad."

Seldon was hit with a pitch and scored two RBI in the Friday game, while junior Seth Dolar set a 3-4 performance and four RBI.

The Kingsmen allowed only two runs from Caltech the entire game, but swept the competition with 23 runs for a final score of 23-2.

Saturday proved to finalize the sweep of the series in a double

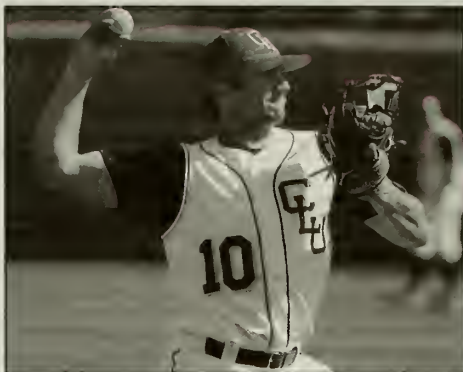


Photo by Maxx Buchanan - Staff Photographer

Steady Hitting: Junior Richard Michelin is hitting .266 this season.

header with only seven innings in the second game, in which Caltech scored no runs the entire day.

The doubleheader began with a three-run first inning by junior K.C. Judge and a sacrifice fly from Hartmann. Senior Chris Hertz and Judge scored two hits and an RBI, while sophomore John LaMoore pitched two innings, striking out four and only allowing one hit for a final score of 5-0.

Hartmann was the star of the day, playing all nine positions in first game while extending his home run record to 30 and break-

ing another CLU record for total bases.

"It feels good [to be in the record books again]," Hartmann said. "I found that out yesterday, after the game, on the Internet site. It's kind of cool to take another record."

The second game of the day started out with a Kingsmen 1-0 lead and five runs in the fourth inning, followed by three in both the fifth and sixth innings, accounting for a 12-0 slaughter.

Senior Chase Tigert pitched a perfect three innings with no hits and three strike-outs, while fres-

man Nick Boggan hit 3-for-3 and stole a base. Freshman Garrett Smith hit a single, double and a triple, only lacking a home run in his royal flush.

Overall, with a total sweep score of 40-2, it can be said that the team was extremely strong defensively this weekend. The Kingsmen had only one error throughout the entire series, giving them an advantage Caltech could not overcome.

"We played really well. [we had] really good defense and pitched well," Hartmann said. "Hitting in the first game was really good, and in the second and third game hitting was good, but we were hitting right at people. We still had good offense, though."

The Kingsmen agreed that the pitching was the biggest strength of the series.

"[The biggest strength of our games this weekend was] probably our pitching staff. They are really the key to our team," Smith said. "They give us the chance to win."

The three players who manned each of the nine positions on the field reflected on their favorite spots to be on the field this weekend.

"Second [base is my favorite], because it is my best position," Smith said. "It's what I usually play so I'm the most comfortable play-

ing there."

However, both Hartmann and Seldon decided their favorite position is the one from memory lane in high school.

"[My favorite position is] pitcher because I used to pitch in high school. I hadn't pitched in four years. I was kind of excited to play the position again and see what it was like," Hartmann said.

"I used to catch in high school a little bit and it brought back good memories," said Seldon, referring to the catching position he played on the field during senior Josh Larson's pitching.

As the team heads into the SCIAC series against Claremont-Mudd-Scrimps, Occidental and Redlands next weekend, the guys have hope that they can pull through and have a chance at the conference title.

"I just hope to stay comfortable with the play, keep it in pretty well," Hartmann said. "What I want to accomplish most, though, is I want our team to finish off the season on a really good note and win all the games coming up."

Smith revealed his feelings about the last games of his college career. "It's kind of exciting," he said. "They are the last games with the teams that we've built up rivalry and competed with over the past four years, so that's exciting."

Kingsmen claim second seed in SCIAC tournament

Men's tennis loses only match to C-M-S

Josh Larson
Staff Writer

After a near-perfect run through the regular season, the men's tennis team finally knows defeat.

The Kingsmen won 16 straight matches until last weekend when they squared off with Claremont.

However, the Kingsmen came back the next match with a 9-0 sweep of Chapman University to conclude the weekend. This marks the end of the regular season for men's tennis.

The Kingsmen posted a 17-1 record along with a 5-1 SCIAC record, and to accompany those stats they were unbeaten at home with 12 victories at the

Poulson Center.

Going into the weekend, the Kingsmen were undefeated and a victory against Claremont would have secured a No. 1 seed in the SCIAC tournament.

But they fell short to C-M-S 6-3. Good doubles play from the Kingsmen early on left the match open for the taking as they went into singles play with a 2-1 lead, but junior Andrew Guiffrida was the only CLU victor in singles against the Stags.

"We just lost some close points during our singles matches, and that came back to hurt us in the end," senior Ryan Lassila said.

On Saturday afternoon there was much more to cheer about for the Kingsmen as they dominated Chapman University 9-0.

The Kingsmen complemented great doubles play with strong singles matches and proved to be too much for the Panthers to handle.

With the win against Chap-

man, the Kingsmen have posted their best regular season record since joining the SCIAC in 1992. Cal Lutheran's national ranking has also moved up to fourth and they are also ranked third in the western region.

Coming up for the Kingsmen is the SCIAC tournament. The Kingsmen will potentially have a second crack in the tournament.

The Stags are defending their fourth straight SCIAC Championship and are the favorite to win the tournament having defeated the second place Kingsmen. However, it was a close match between the two schools and a rematch isn't unreasonable.

"The key to us winning the tournament is our doubles play," Lassila said. "We have to continue to play well and get the momentum going our way early in the match. I also think to win those close singles matches like we had against Claremont; we

have to use our physical strength and will power to our advantage."

The tournament is being held at the Pomona-Pitzer Colleges this weekend with the opening round matches scheduled for

April 16 and the finishing up on April 17.

The second-seeded Cal Lutheran has never won a SCIAC championship in men's tennis, but they have a chance to make history this weekend.

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Women's tennis locks up fourth seed in SCIAC

Regals regular season ended with a victory

Sasha Voinovich
Staff Writer

After failing to take down Claremont-Mudd-Scripps Colleges on Saturday by a score of 3-6, the Regals ended their regular season with a victory against the Whittier College Poets 8-1 and secured the No. 4 seed in the SCIAC tournament.

Cal Lutheran swept the singles matches and only lost No. 3 doubles en route to their win against the Poets. The victory left CLU with a 9-7 overall record and a 4-3 record in the SCIAC.

The sophomore team of Holly Beaman and Jordan Leckness earned the only win for CLU in the doubles competition.

Normally playing at the No. 1 spot, Beaman and Leckness defeated CMS' Katie Loris and Emilee Feldhausen 8-2, playing at the No. 2 spot this week.

"I love playing with my best friend because we have so much fun and laugh a lot during our match, but when we give each

other 'the look,' it is like we are reading each other's mind and know that it is time to go to work," Leckness said.

Beaman agreed that there was something special about playing with her closest friend.

"I love playing with Jordan. We are always in sync with each other so it works out great," Beaman said.

CLU freshman Carly Mouzes and sophomore Kim Kolibas lost 8-3 to Jaclyn Smrecek and Riley Thomlison of CMS while playing at the No. 1 spot.

Hannah Gordon and Alexandra Hsu of CMS defeated the team of junior Lacey Gormley and freshman Lauren Toohey with a final score of 8-2.

During the singles matches, Toohey lost 6-1, 6-0 to Gordon of CMS at the No. 4 spot. Mouzes and Gormley were also defeated 6-0, 6-0 and 6-2, 6-0 at the No. 5 and No. 6 spots.

Beaman and Leckness carried their momentum into the singles matches.

Beaman defeated Emilee Feldhausen of CMS 6-4, 6-4 at the No. 3 spot. Playing at the No. 2 spot was Leckness who defeated Loris 6-3, 6-2.

Beaman and Leckness were the



Photo by Trace Linaung - Sports Editor
Strong Finish: Sophomore Jordan Leckness won all her weekend matches.

only Regals to claim victories in the singles competition.

Kolibas came close to beating her opponent, forcing Smrecek to a third set tiebreaker. Smrecek came away with a win for the Athenas by scores of 3-6, 6-4, 10-6.

"One of my main goals for the rest of this season is to improve my doubles game," Kolibas said. "I have been working on my volleys and serves, which are really important in doubles. Also, another one of my goals is to not give up while I am playing, and keep a good attitude on the court."

The Athenas ended the day 6-3 over the Regals, putting CLU 8-7 overall.

"I feel lucky to have Vanessa as our coach because she really cares about helping us improve our games," Kolibas said. "This tennis season has been going great at CLU. We've had our share of wins and losses, but as a team I think we are doing well. We all improve from day to day."

The team is preparing for the SCIAC Championship Tournament at Whittier this weekend. The Regals will be playing on Friday, April 16, at 9:30 a.m. and 1:30 p.m. and on Saturday, April 17, at 9:30 a.m.

CLU tennis star helps propel team in rankings



Photo by Matt Buchanan - Staff Photographer

The Catalyst: Andrew Giuffrida has led the Kingsmen to a No. 4 ranking.

Christine Nguyen
Staff Writer

Known for his powerful backhand, junior Andrew Giuffrida is determined to contribute to the men's tennis team's national ranking each match.

A California native, born in Granada Hills, Giuffrida picked up his first racket at 5 years old and started playing serious tennis at age 9.

Both of his parents were born and raised in Argentina and decided to move back when Giuffrida turned 3.

Giuffrida's father played tennis consistently on the weekends and decided one day to take little Giuffrida to a local tennis club in Argentina. That day changed Andrew's life.

Giuffrida has been playing for almost 13 years, and has played tennis for clubs and competitively in school.

Giuffrida and his family stayed in Argentina through his sophomore year of high school, when they moved to Ventura County and Andrew played on the Thousand Oaks High School tennis team.

His high school teammate Sam Querrey described Giuffrida as a "tennis star" during his two-year stint at TOHS. At the beginning of his senior year of high school, numerous universities were interested in him as a recruit.

Thousand Oaks High is known as one of the best tennis programs in the state, winning the state championship last year. CLU coach Mike Gennette met Giuffrida there and wanted to recruit him but learned Giuffrida wanted to play Division I tennis.

"I [noticed] that his strength on the court was his incredible two-handed backhand," Gennette said. "He's quick with his opponents, has a powerful and big first serve, and is a great competitor."

Giuffrida decided to attend the University of Nevada Las Vegas (UNLV) to play Division I tennis in the starting line-up as a freshman. Gennette later found out that Giuffrida didn't get the feel for the school's environment.

After moving closer to home, Giuffrida transferred to CLU and was interested in playing for the Kingsmen.

As a sophomore, Giuffrida was named an All-American and was ranked No. 8 in the nation.

He and his doubles partner this year, freshman Nick Ballou, are currently ranked No. 1 nationally in Division III.

His father, Daniel Giuffrida Sr. is his biggest supporter and attends every match.

"I've always played tennis and never reached the level of tennis that Andrew has," Giuffrida Sr. said. "In the beginning, I always beat him but now, it would be impossible for me to run those balls, much less to hit them back."

CLU ranks No. 4 in the nation at 17-1, and Giuffrida is always motivated during competitions.

"I have a few things that bring me luck. For example, if I lose an important point, I just go back to the fence and tie my shoes," Giuffrida said.

He was really surprised how the

team got better this year, making a big jump from ranking No. 28 to No. 4 this year.

"We worked really hard during the preseason to get our strokes better and we've never gone this far," he said.

Becoming the athlete he is today, Giuffrida was trained and inspired by his coach Pierre Mareschal from France and coach Gennette.

According to Giuffrida, Gennette has helped him become a better player, and Giuffrida has hopes to win the NCAA individual championships.

"He trains like crazy all the time for games, but his hard work all these years are definitely paying off," Gennette said. "Hopefully he will continue to do well in nationals, this guy is in it to win."

After college, Giuffrida hopes to travel the world to play miniprofessional tournaments, and his father shares those same dreams with his son.

"One of my coaches from Argentina told me a famous phrase: 'Trusting yourself is the secret to success,' Giuffrida said. "If there is anytime I am struggling while playing, I will say the phrase to myself, and it will only make me more confident."

On deck



**Cal Lutheran at
SCIAC Tournament**
Pomona-Pitzer
Fri.-Sat.



Different
lives but
same goals
for speakers
Page 3



Students
rally to Take
Back the
Night
Page 5



Tennis loses
to CMS in
SCIAC finals
Page 12

the Echo

April 21, 2010 Vol. 55 Number 9

Future of the Echo put in doubt by Senate vote How constitutional changes are interpreted could end the paper's funding

Jakie Rodriguez
Staff Writer

The voice of the student body will be heard this week as the fate of this publication may rest on the vote of students.

On Monday, April 12, Senate passed revisions to the ASCLU Constitution that included changes to the recall process, allocation of student fees and clubs and publications.

Starting Tuesday and carrying on into today, the student body has the opportunity to decide whether all clubs and publications will have to be

open to all students to receive student fee funding.

"[Since] there are no clubs that are currently not open to all students, the changes that will be voted on will apply mostly to publications," said freshman senator Jesse McClain, who worked with Sally Lorentson, assistant director of Student Life and adviser to the Senate, on the proposed changes to the Constitution.

If publications do not wish to be open to all students, they will lose student fees and will need to find funding elsewhere.

In addition to being open to all

students, there are a few other changes that publications will have to adhere to in order to receive funding.

"The changes also make it so that all the clubs and publications have to participate in the involvement fair and do the community service

requirement," junior Jesse Knutson said at the Senate meeting.

While the changes to publications come after years of the current working requirements, they are meant to improve the way clubs and publications will function in the

future.

The revisions seek to clear any confusion since "there were no guidelines for a publication like what they have to do to get student fees and how they can spend their money," McClain said.

[See SENATE, Page 2]

ASCLUG rethinks future dances at CLU

Breanna Woodhouse
Staff Writer

There were many empty seats for dinner at this year's Spring Formal, which took place at the Long Beach Aquarium with exhibits and a DJ on April 10.

By April 6, only 181 dance tickets were sold and the night of the dance reached an attendance total of 244 people.

As a result of the low turnout, Programs Board Director Ryan Strand sent out a letter to Programs board members on April 6 stating that tickets would continue to be sold at \$50.

He said the price would not increase in order to get as many people as possible with the additional funding coming out of the General Fund.

ASCLUG signed a contract with the aquarium guaranteeing the sale of 450 tickets.

"Since the guaranteed number wasn't met, [Programs Board] was responsible for covering the rest of the contracted amount," said Amanda Whealon, coordinator for Student Leadership and

Programs and Programs Board Adviser. "[Programs Board] didn't necessarily lose money, they just had to pay to cover the portion of the contract that wasn't met due to our numbers being down. I wouldn't consider it losing money because the students who attended really enjoyed themselves."

The aquarium was chosen based on its "beautiful location, great food options, and we always like having 'other' things to do at Spring Formal. Since it was held at an aquarium, students were able to tour the aquarium and see the different exhibits," Whealon said.

One additional feature advertised during the dance was having a movie play during the event.

"Seeing where our numbers were toward the end of the ticket sales, we decided to cut this feature so more money wasn't spent out of the ASCLU budget. We thought there was greater potential to spend the money towards other events that are coming up this year, than to spend more money on a feature at Spring Formal that we were unsure if people would

[See FORMAL, Page 2]

Event turns daily struggles into reality

Gannon Smith
Staff Writer

If you were on campus between noon and 1 p.m. on Wednesday, April 14, you would have seen about 30 CLU students walking barefoot and carrying yellow 5-gallon buckets filled with water on their heads.

The students were participating in a campus event to spread awareness about world poverty.

The program was created by Olivia Hancock, Facilities assistant administrator, and California Lutheran University students Lauren Chiappetti, Chloe Golembesky, Meghan Hernandez, Erin Boettcher and Tricia Johnson.

Nuru, a Kiswahili word meaning "light," is a new humanitarian organization at the crossroads of innovation and extreme poverty.

This 501(c)3 public benefit charity was created by former U.S. marine platoon commander Jake Harriman. Nuru equips the poor in remote, rural areas to end extreme poverty in their communities within five years.

Be Hope to Her is a national event taking place on 23 college campuses and three city centers (Seattle, Pittsburgh and Oceanside).

The ultimate goal of the event is to spread awareness about the lack of clean drinking water for poverty stricken villages.

Outside by the flag pole and inside Overton Hall, Nuru and



Photo by Robyn Poynter - Staff Photographer

Hope to Her: Junior Megan Hernandez (right) and freshman Lauren Chiappetti (left) walk on campus during the Be Hope To Her event.

the CLU students putting on the event set up a registration table, a video station and posters spreading information about women in poverty.

At noon everyone participating in the event sat and watched an informational video about Nuru and Be Hope to Her.

After the video, the students and volunteers headed back toward the flag pole, placed their extra folded T-shirts on their head, then a yellow bucket on top of that. They held the bucket with one or two hands and began to walk in a single file line around campus. The route was a giant loop that started and ended at the flag pole. They did this walk twice.

During the first loop no one filled their buckets with water. On

the second loop the buckets were filled and many decided to take their shoes off and walk barefoot to fully imitate the women and girls in Kenya who have to make at least three trips a day to retrieve safe drinking water.

After the second loop, junior Talia Loucks leaned over, resting her sore arms and said, "It was the best thing ever, but I can't imagine doing that every day!"

Many of the participants felt the same way.

CLU President Chris Kimball participated in the event, and after the second loop he said, "I felt [carrying the bucket] in my shoulders and back. This is a good reality check. I learned a lot."

In late February a representative [See HOPE TO HER, Page 3]

NEWS

Authorities reclassify hate crimes as vandalism

Deputies still have no suspect; looking to students for help

Henrik Gjertsen
Staff Writer
and
Courtne Batista
Staff Writer

Since last month's incidents at Mt. Clef and Pederson halls, members of the CLU community have come together to show their intolerance of hate crimes.

The Ventura County Sheriff's department (VCSD) initially classified the vandalism committed March 14 as a hate crime because a swastika symbol

was drawn on a dorm window in Pederson Hall where a student of the Jewish faith resided.

Since then, the VCSD has determined this was not, in fact, a hate crime as the actions appeared to have been random.

Rather, the incidents have been classified as vandalism.

"It seems to have been a random act that is still very disturbing," said Detective Eric Buschow of VCSD. "At this point we've done all we can do. There are no video cameras to look through to get a better idea of who could have done it. At this time there are still no suspects, and no one has been charged."

Fred Miller, director of Campus Public Safety at CLU, said that California Lutheran University

has a zero tolerance policy toward actions based on hate toward students, faculty and staff.

The effect of the incident will determine a campus policy where these things are less likely to happen. But hate toward fellow human beings — regardless of race, gender or religion — through human history has been a difficult thing to stop, and these things are destined to happen again whether it is at CLU or another university, Miller said.

"We've had requests for more cameras on campus, but there are no funds for that, and a person that is to commit a similar crime on campus is likely to do it where there are no cameras anyway," Miller said.

He noted patrols have been

stepped up in the areas where the March incidents occurred.

"Instead we have more campus patrol focusing on where incidents have happened in the past and where it can happen, but it is close to impossible to stop a person from committing such an act once he or she has decided to go for it."

The unknown assailant had written swastikas on several cars as well as on a student's window in the freshmen dorms.

Regardless of the motive, the university community has responded in one common voice.

"Bias crimes do happen on all college campuses whether it is a smaller school like CLU or a large school like USC. We are eventually bound to deal with these incidents," said Helen Lim, assistant professor of criminal justice at CLU.

"If you look at it in a positive

way, it is an opportunity for CLU community to come together and the campus response would be that we are united. It reaffirms what is valued in our community."

Juanita Hall, director of Multicultural and International Programs, held a rally where students were free to come and speak out against acts against race, gender and religion.

Support groups also have formed to give students a safe place to come together.

"We are hoping someone comes forward, and it is our belief that someone on campus knows who did it," Miller said.

"We try to create a culture where these things are far from being acceptable. This will hopefully make the school more united and stronger in the belief against actions as these so that people are afraid to do something hateful."

Echo's funding put in jeopardy

[CONSTITUTION, from Page 1]

One publication that is of particular concern is the Echo.

For the current academic year, the Echo received \$40,000 of student organizations and publications funding, which is partly why the publication should be open to all students, McClain said.

Some senators feel the Echo's biggest challenge results from its prerequisite of Communication 231. However, the chair of the Communication Department, Sharon Docter stated the Echo is open to all students.

"All students are free to write and submit articles that editors can decide to publish if it is appropriate to the Echo," Docter said.

Since all students, not just communication students, are free to write for the Echo, it is essentially an open publication and thus still eligible to receive student funding.

However, if students are interested in becoming a freelancer for the paper, they must submit

Proposed changes to ASCLUG Constitution

Senate passed an amended Constitution April 12 that students could vote on Tuesday and today. Here are key changes:

- Rewording Article VIII, section 3 clarifying the recall process.
- Article X, giving 3 percent of student fees to the Forest Fitness Center. Taking 1 percent from student organizations

and publications, Senate and Student Life.

- The addition of Article XI, sections 1 and 2 relating to student clubs and publications.
- Students can vote on their MyClu portal.

quality work and adhere to the requirements of the class, Docter said.

While the Echo is open to all students, there are many students who do not know that it is.

"I think that there is a misperception out there that we need to correct," Docter said.

The misperception needs to be addressed before Senate allocates money for next year because the revisions are expected to pass.

"I'm confident that the student

body will vote to approve the revisions of the Constitution," Knutson said.

Current Editor in Chief Margaret Nolan addressed the Senate Monday to clarify that the paper is open to submissions from all students.

If the results are passed, the changes will take place next year.

After Tuesday's and today's votes are totaled, "the changes will then be in effect if the majority of students vote 'yes,'" said Beth Peters Berry, ASCLUG Senate director.

Homecoming Dance canceled for 2010-11

[FORMAL, from Page 1]

actually utilize," Whealon said.

"I was somewhat disappointed with the event. The shark exhibit wasn't open when I got there, and there wasn't a lot to see in the aquarium. I also think it wasn't advertised effectively, and that's why there weren't a lot of people. Last year the Disneyland Hotel was a lot better," senior Christie Longest said.

Next year's Homecoming Dance already has been canceled, but not because of a poor turnout.

The decision to cancel the Homecoming Dance for the 2010-2011 academic year was made by ASCLUG advisers and other Student Life staff including Dean of Students and Senate Adviser Bill Rosser, coordinator for Student Leadership and Programs and Programs Board adviser Amanda Whealon, assistant director for Student Life and Executive Cabinet adviser Sally Lorentson and director of Student Life Melinda Roper.

"I don't think Homecoming should be canceled. I think it should be clear that if you arrive extremely intoxicated you won't

"I wouldn't consider it losing money because the students who attended really enjoyed themselves."



— Amanda Whealon
Assistant Director for
Student Life

be let it. It's just like in a bar," senior Greg Pagonas said.

"The behaviors and actions at this year's Homecoming Dance, as well as past Homecoming dances, proved that it was time that we took a year or so off from this event," Whealon said.

She added, "Students' mindsets about this dance need to change. It's not an event to get highly intoxicated before arriving, or while at the dance, and potentially ruin the experience for others. It's supposed to be a night of Homecoming celebration with fellow classmates. I think our students moved away from this."



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Speakers' goals are one in the same: peace in Middle East

Hanna Halldorsdottir
Staff Writer

At first it seemed as if the two speakers of the night had nothing in common.

One, 18-year-old Ismail Kharoub an 11th-generation Palestinian from Yafa, Israel. The other, Ofra Lyth, an Israeli-Jew who is a military veteran and a former journalist. Despite their differing backgrounds, both are fighting toward the same goal: peace in their home country of Israel.

The event that brought together Kharoub and Lyth was a presentation at Samuelson Chapel at California Lutheran University on April 12, titled, "Costs of War on Israeli Society." The presentation was a part of a California public-speaking tour sponsored by New Profile, a group that fights militarism in Israel and advocates for a peaceful conflict resolution between Israelis and Palestinians.

In her presentation, Lyth discussed how militarized the Israeli society has become and linked this to how Israeli children are introduced to the military and its ideas at a very young age, with the army often hosting events for school children.

"It's very easy to do the thing of bonding between children and weapons," said Lyth, as she showed a picture of children climbing on military tanks.

According to Lyth, many schools have their own memorials for students and staff members who have lost their lives in the war, and every day children are reminded of the presence of war in society.

In his speech, Kharoub talked about his experience being brought up in an environment surrounded by war and his own personal loss in the Gaza war during the winter of 2008-2009.

Many of Kharoub's relatives relocated to Gaza in 1948, the year Israel was established.

As Kharoub spoke to his cousin, a university student in Gaza through Skype, she told him that something was going on outside and that she had to leave.

"Before I had the chance to say goodbye, the connection was lost," said Kharoub, who three days later received a phone call from his cousin's family saying that she had died in an attack on the university, along with her sister and brother.

"From that point on I decided that I wanted to contribute more to my society as a Palestinian to make sure that things like these don't happen to me or to anybody else," said Kharoub, who along with his sister started an organization that visits young patients from Gaza, who come to Israel to receive medical treatment.

Pamela Brubaker, professor of religion at CLU oversaw the event.

"We are committed to educating on global issues, and the Israeli-Palestinian conflict is one that gets a lot of publicity but not from the



Photo by Doug Barnett - Photo Editor

Cost of Peace: Ofra Lyth talks about the militarization of Israeli society, but she is still working to achieve peace.

perspectives we heard tonight," Brubaker said.

Junior Arturo Juarez thought the topic is one of great importance to American society.

"America as a country and as an ally of Israel gives a lot of funding to Israel and in many ways

contributes to the conflict," Juarez said.

He said of the speakers, "They are an example that Jewish people and Palestinians can live in harmony and be diplomatic in trying to solve this great conflict that they face today."

Scandinavian Festival celebrates Nordic heritage at CLU

Jenny Guy
Staff Writer

Over 5,000 people flocked to CLU on April 16 and 17 for the 36th annual Scandinavian Festival, celebrating the Nordic cultures of Denmark, Finland, Iceland, Norway and Sweden.

According to Richard Londgren, director of the Scandinavian Center at CLU, the Scandinavian American Cultural and Historical Foundation (SACHF) is the primary coordinator of this event, but many other organizations and volunteers are vital to bringing this festival to life.

"We are emphasizing the festival as 'affordable family fun,'" Londgren said. "Kingsmen Park provides an appealing setting, and we offer a variety of music, dance, shopping, food, demonstrations, lectures, soccer and, on Sunday, a worship service in the Chapel."

Londgren explained that a key part of the festival is to advance the SACHF mission of preserving and promoting Scandinavian heritage.

Many of the attendees, like Londgren, come to the festival to embrace their heritage.

"When I came here from

Denmark, I began looking for a way to reconnect with my roots. When I heard about this festival, I knew I had to come," said Torkil Hammer, who plays the nyckelharpa, a traditional Swedish instrument. "So, the first year, I brought my instrument, Kristina, and began playing. This is now the 30th year Kristina and I have participated."

The festival had other attractions to immerse the attendees in Scandinavian history and culture such as elkounds.

"Every year they ask us to come and every year we happily say, 'yes.' The elkounds are just such a great attraction for the kids and, while they're enjoying them, we can tell them about the history of the breed, making it educational and fun," said Helen Johnson, member of the Norwegian Elkhound Association of Southern California.

Booths, identified by names of different Scandinavian countries, lined Kingsmen Park with arts and crafts projects for participants of all ages.

Seven-year-old Michael and his father Daniel Rosen decorated canvas tote bags with the word "fisk," meaning fish, at the

Norwegian booth.

"[My son] just loves coming to the festival," Rosen said. "This is our third year, and it's really great, because it is very family oriented. He obviously has a blast, and it's something I can feel good about as a parent because he is also learning about his heritage."

Adjacent to the booths was a Viking encampment where visitors could explore the lives of the Vikings set in the time period of the Dark Ages.

"We try to be as accurate with the time period as possible with everything from the food they ate, weaving and cloth production, to weapons they used," said Jaan Calderon, founder of the historical reenactment group, Ravens of Oden.

Ravens of Oden was attending the Scandinavian Festival for the fourth time.

The festival's food court, held in the pavilion outside of the Student Union Building, offered attendees a variety of traditional Scandinavian foods, such as a pancake-like dish called aebleskiver, Swedish meatballs and much more.

A crowd favorite was Viking dogs, cooked up by members of

Holy Trinity Lutheran Church, including Don Bielke and CLU President Chris Kimball.

"[Viking dogs] are made of veal-pork sausage from Solvang and grilled with onions," said Bielke, who wore a horned Viking-style helmet and has been cooking these dogs at the festival for the last 32 years.

Junior Eila Olmstead also took part in the event's festivities.

"I'm really glad CLU has this festival," she said. "I just love coming to things like this and I think it is really neat that I can just walk out of my dorm and experience the Scandinavian culture, especially since it's free for students."

Compass Statement clarifies Lutheran identity

Hanna Halldorsdottir
Staff Writer

Last year, CLU's Board of Regents approved a Compass Statement that emphasizes the importance of the school's Lutheran identity.

The Compass Statement had been in the making for about a year and a half, although the idea of writing such a statement has been around for much longer.

"The pot's been on simmer and boil for about 10 years, and finally we were able to put this into some form," said California Lutheran University campus Pastor Scott Maxwell-Doherty, who was one of many who were involved in writing the statement. "It took us a long time because what we know about the university experience is that words matter, and we want to have the right set of words on the page to help people understand who we are."

According to Maxwell-Doherty, the Compass Statement was drafted by the Office of University Ministries, which is a collection of offices that keep their eye on matters of Lutheran identity. Those offices include the Office of Church Relations, the Office of Campus Ministries, the Belgium Chair and the Segerhammer

Center.

"It is a restating of CLU's Lutheran identity," said Dr. R. Guy Erwin, Belgium Chair in Lutheran Confessional Theology and professor of religion at CLU.

The statement is divided into four paragraphs titled Trust, Care, Belief and Insight.

According to Maxwell-Doherty, the 107-word statement is a quick and accessible reference for campus departments, including marketing and the office of admissions.

Maxwell-Doherty said that people are generally reacting positively toward the statement and that it is important for CLU to have a set of words that people can look at and understand why CLU does the things it does.

"The document has in it some very core convictions, but it also allows people to find themselves in that document in some way," Maxwell-Doherty said. "I invite people to look at this document, and to wonder about ways in which they see it come alive on campus."

For more information visit www.callutheran.edu/university_ministries/

Hope to Her raises money, awareness

[HOPE TO HER, from Page 1]
from Nuru visited CLU.

After the rep's presentation, Hancock and the other five girls wanted to bring Be Hope to Her to CLU.

"We have had weekly meetings ever since the Nuru rep came," Johnson said.

"We marketed the event through Facebook and with the sponsorship of the Community Service Center, we were able to post signs and posters throughout

campus."

Thirty-four people registered for the event and about 30 people participated in the walk.

"The hardest part of planning this event was finding a time for making the event visible to the public, while allowing for the most student participation," Johnson said.

Hancock and these five students also raised money for Nuru. The money they raised will be spent on building a well in Kurian,

Kenya.

Johnson said that they have raised about \$900 through private donations and contributions from the Lord of Life at CLU.

They also asked for \$250 donation from ASCLUG, and if allocated the president's office will match that donation.

"This was a good cause, and an important issue," Kimball said. "All the credit goes to the students working with Olivia who made this event happen."

CALENDAR

Wednesday April 21 <ul style="list-style-type: none">• Common Ground: Spencer Steele 9:11 p.m. Samuelson Chapel• "Generations" 8 p.m. Black Box Studio• The Need: El Salvador Emersion 10:10 p.m. SUB	Thursday April 22 <ul style="list-style-type: none">• Books & Brew: "Thunderstruck" by Erik Larson 4 p.m. Roth Nelson Room• Presenter Jason Soyster: his experience working with the Walt Disney Company 5:30 p.m. NY1	Friday April 23 <ul style="list-style-type: none">• Lecture: The Concert Hall that Fell Asleep and Woke Up as a Car Radio 10 a.m. Samuelson Chapel• Eighth Annual New Music Concert 8 p.m. Samuelson Chapel
Saturday April 24 <ul style="list-style-type: none">• Sycamore Canyon Hike and Beach Worship 12:30 p.m. Samuelson Chapel• "Generations" 8 p.m. Black Box Studio	Sunday April 25 <ul style="list-style-type: none">• "Generations" 2 p.m. Black Box Studio• Lord of Life Worship 6:15 p.m. Samuelson Chapel	Monday April 26 <ul style="list-style-type: none">• Honors Convocation 10 a.m. Samuelson Chapel• Fourth Annual Festival of Scholars CLU Campus
Tuesday April 27 <ul style="list-style-type: none">• Mexican Art Exhibit and Reception 5:30 p.m. Preus-Brandt Forum• Fourth Annual Festival of Scholars CLU Campus	Next Week: April 28 - May 4 <ul style="list-style-type: none">• Fourth Annual Festival of Scholars• Senior Art Exhibit• Wind Ensembles Play Favorites• Yam Yad 2010• Corporate Leaders Breakfast <div>Do you have an event to submit to <i>the Echo</i>? E-mail date, time, location and contact information to echo@callutheran.edu</div>	



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FEATURES

Local emerging artists showcase their work in Ventura

Brad Hendrickson
Staff Writer

Each spring, Ventura hosts the ArtWalk, where emerging and professional artists can display their work outside of restaurants, stores, boutiques and coffee shops.

On Saturday, there were over 200 artists spread throughout 50 venues. The art ranged from paintings, sculptures, glassblowing, live demonstrations and music.

With heavy crowds, onlookers were provided with a few ways to tackle the ArtWalk.

Participating businesses and artists were scattered throughout the streets of downtown so walking and seeing everything would've take hours.

However, the ArtWalk provided a free shuttle that stopped at 12 locations. Usually the event holds

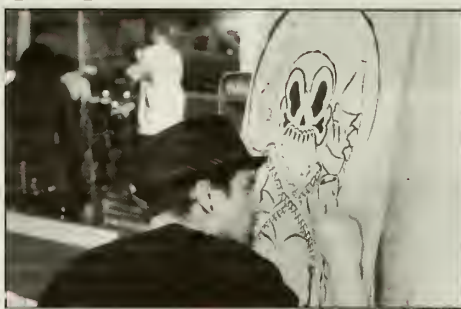


Photo courtesy of John Spino

Walk the Walk: One of the featured emerging artists displays his artwork live.

a guided bike tour, but it was canceled this year.

"I take the shuttle tour every year. It doesn't hit all of the exhibits, but it saves me a lot of time and

it's free so I feel the need to take advantage of it," Ventura resident Sam Bysted said. "My mom loves it here just as much as I do. Today she's dragging me to see a blues

band at 2 p.m."

This year, because the guided bike tour was canceled, those looking for a way to see more of the art stops had to make a tour of their own.

"We heard the tour was canceled about two weeks ago, so we decided to bring out bikes anyways and blaze our own trail," Kathy Garcia and her husband, Mike, said. "We're starting at the Artists' Union Gallery like planned, and we're going to see as many spots as we can before seeing the fashion show at 4 p.m."

Being an annual tradition, families and friends came out by the hundreds to congregate the streets of downtown Ventura to admire the work of the artists.

"My favorite is the glassblowing over on Olive Street. You're actually able to watch them make their

art which is really cool," onlooker Robert Lewis said. "And with bands playing all day, my wife can relax with the kids while I walk around."

However, the ArtWalk wasn't all about art. The weekend was full of fundraisers, beach cleanups, Earth Day festivals and open art contests.

The beach cleanup was open to all with a "just show up" policy, to participate and clean up the beach around the California Street Plaza.

"These beaches are beautiful, but we can always help and make sure they stay this way," volunteer Candice Gasper said.

The Ventura Spring ArtWalk is a tradition that celebrates the artistic abilities of many, helps benefit the environment, raises money for a worthy cause and provides activities for those of all ages.

The suite life at CLU leaves some with a bitter taste

Nessa Nguyen
Staff Writer

After much bargaining and deliberation, suite selection took place on April 12 and 14 in Lundring Events Center, and ended on various notes for participants.

During the first day of suite selection, Lundring was packed with students whose lottery numbers ranged from 1 to 699. The process was baffling for some and spanned over three hours, rather than the intended two.

"Suite selection is always a bit chaotic," said Nate Fall, senior coordinator of Residence Life.

Sophomore Corrin Fox complained that she came at 5:45 p.m. as scheduled but had to wait two and a half hours before her number was called.

Although she was able to get into Grace Hall with three roommates, Fox realized that the apartment-style suites filled up very fast.

"I know a few of my friends who

are going to be juniors who got placed in Janss or Rass, and are very unhappy without the kitchen space," she said.

According to Fall, a big difference for suite selection this year is the fact that Trinity Hall is officially open.

However, with this option arose issues regarding the limited availability of the single studios and six-person suites.

Fall said that some of the 12 studios were previously reserved for individuals who need special accommodations, which is determined by the CAAR office. The rest are open to those with a low lottery number.

Students who wanted to room in a six-person suite had to sign up in a group of six and had to have at least four seniors and two juniors among themselves. Seniors and juniors also received high priority in choosing four-person suites in an effort to maintain Trinity an upperclassman hall.

Resident assistant Ben Martinez, who volunteered to help during suite selection, observed that main reasons for dissatisfaction among participants include not getting the rooms they wanted and having to split up from their suitemates.

"I think these are the kind of problems that are unfortunately inevitable. I think the best thing for people to do is just come in with an open mind," he said. "I know a few of my friends who were going to be juniors who got placed in Janss or Fass, and are very unhappy without the kitchen space."

A number of students were unable to secure a spot because they had a balance over \$500, their payments did not go through in time or they filled out housing applications late.

In recognition of this, Fall advises students who participate in future suite selections to take care of their loans and payment early on in the semester to avoid complications.

The second day of suite selection went smoother and was less hectic because of the fewer number of students.

"It was so nice and easy for us," freshman Michelle Coulter-Nava said.

However, she still noticed an overcrowding of the sign-up area. She also wished to have received

more detailed instructions from the Residence Life office regarding the procedure.

Suite selection is a give-and-take process and requires cooperation from all parties in order to run effectively.

Students who participate can also help speed up the process by filling out necessary paperwork and doing research ahead of time about hall layouts and prices.

Residence Life will try to improve the process by extending the process to three nights to reduce waiting time and congestion.

Hip-hop organization hosts annual showcase

Jorge Martinez
Staff Writer

The Hip-Hop Organization, better known on campus as H2O, is a group of 20 CLU students who come together to dance and perform at various events both on- and off-campus.

California Lutheran University graduate Jenny Andrews founded the club in 2004.

Now, the current president of the organization is senior Elsa Perez. This is her fourth year as a member and third serving as president of the organization.

She enjoys her role on H2O and has been very happy with

the group throughout her time as president.

"I am very proud of the members every year," she said.

H2O practices for a couple hours per session, two times per week either in the Gilbert Sports and Fitness Center dance studio or the Grace Lounge.

The group performs about once every month. To prepare for upcoming performances, practice times are often extended to ensure everyone feels comfortable with the choreography.

Even though most performances are at CLU events, H2O also branches out and performs

in other places throughout the community.

On March 6 of this year, the group performed and volunteered in a fundraising event in the city of Ventura.

The event was "The Rhythm of Life," which is an event funded by the U.S. President's Emergency Plan for AIDS Relief (PEPFAR).

Sophomore Brittany Walker, vice president of the club, has learned about more than dance from the group.

"I have learned a lot about the hip-hop culture through music, dancing and sharing this experience

[See H2O, Page 6]

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CAMPUS QUOTES: Is it time Tiger Woods' scandal is forgotten?

Rochelle Christiansen



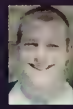
"People remember scandals and they will keep bringing it up."

Natasha Bunin



"Honestly, I don't care too much about other people's sex lives."

Jake Lins



"We need to move on."

Emilie Evenson



"No, people don't forget about things."

If you have an idea for a Campus Quotes question, e-mail it to the Echo at echo@callutheran.edu

Students decry violence against women

Haley de Vinney
Staff Writer

If you heard "People unite! Take Back the Night!" on the campus streets of Cal Lutheran last Wednesday night, those were the chants of students as they marched through campus participating in Take Back the Night.

The march was an event that began Wednesday, April 14, at 6 p.m. Take Back the Night just celebrated its ninth birthday on the California Lutheran University campus. This year the Wellness Programs and the Feminism Is... Club hosted the event.

The event was held to "raise awareness of, and educate on and fight against sexual assault and domestic violence," according to the official pamphlet of the event.

Amanda Whealon, coordinator for Student Leadership and Programs and the director of Wellness Programs, lead the event.

"I think it's important because it shows that there is support on this campus for people who are survivors of sexual assault and



Photo by Robyn Poynter - Staff Photographer

Cries of Hope: Students rallied to support victims of violence and assault.

domestic violence," Whealon said. "It shows that we are rallying for change."

About 100 students wandered in and out of the event, picking up fliers, participating in the march and learning about Take Back the Night.

Representatives of Student Counseling Services, Planned Parenthood and the Coalition to End Family Violence were also at the event.

They supplied students with

handouts on self defense and general information on sexual health.

Sara Pressy, the president of Feminism Is..., was also at the event, alongside her club table.

"It's important for students to know that sexual assault can happen anywhere, anytime to anyone," Pressy said.

During the night, students were encouraged to reflect on what survivors of sexual assault and domestic violence experi-

ence.

"I hope that students have a chance to reflect on what a survivor or a victim may be going through," Whealon said.

"If something like this happened to them I hope that they could see this event as a place of community and safety. But I also hope that it educates our students on what it means to have gone through sexual assault or sexual violence."

The main part of the night was the march through campus. The crowd was given chants to yell as they walked.

CLU students yelled things like "Yes means yes. No means no. Whatever we wear, wherever we go!" Some held signs as they walked proclaiming, "I heart consensual sex with protection."

Every few minutes the marchers stopped at designated points and listened to different performers. CLU students sang original songs, read poetry and played guitar expressing their feelings about the event.

Stacy Gross, a guitar player and singer, was one of the performers and sang an original song at the event.

"The thing I enjoyed most about the event was the feeling of empowerment and hope in light of such a serious, emotional subject," Gross said. "It was a beautiful, very moving night."

The speakers told students the event often brings up difficult feelings and encouraged them to express their feeling on scraps of paper provided to them.

The event ended with a candlelight vigil and an interpretive dance set to the song "Beautiful Flower" by India Arie.

H2O brings hip-hop culture to campus

[H2O, from Page 5] with the other members of the group," she said.

H2O not only practices and performs, but also hosts meetings in which the group discusses music as a form of art and learn from each other.

As a freshman, Angel Oliver was very excited to become part of a Hip-Hop organization.

"She is very enthusiastic about H2O," Walker said.

Her enthusiasm has been noticed by the other members of H2O, which may be the reason why Oliver is succeeding as president of H2O for the 2010-2011 academic year.

"It's more than I expected; H2O is a lot more than a club and I am excited to be the president of the organization," Oliver said.

H2O will be hosting its annual Hip-Hop Showcase Friday, April 23, in the Gilbert Sports and Fitness Center.

Members encourage families, friends and the CLU community to attend and experience the cultural movement of hip-hop.

Next year looks promising for the group as H2O has already been contacted to perform in a local parade next fall.

THE FASHION PLATE: A HEALTHY SERVING EACH WEEK

Spring forward into a new look



Heather Taylor

The New Romantics

In spring, it is said that a young man's thoughts turn to fancy. My thoughts have entered likewise, developing crushes on ivory and lilac shaded clothing, everything with light and loose sleeves, antique jewelry and shorts as the bottom of choice; though I would never turn down my usual mainstay of the skirt. The kind of clothing perfect for simplicity, of park picnics and swinging, running through the grass with friends and a permanent soundtrack supplied by Goldfrapp, Air, M83 and The Stone Roses.

Where does one find dreamwear to take into the real world? Two places in particular specialize in this aesthetic, the first being the classic J. Crew. There was a time in my life where I swore I would never, ever don a piece from the clothing chain (this was definitely during my black lipstick phase).

Times have changed obviously, because the online site is teeming with gorgeous finds for both guys and girls.

Men's shirts are clearly defined in four different categories; lightweight, madras, utility and, my personal favorite, dress. The sun-faded solid Oxford shirt in a variety of shades including shoreline blue and cool breeze is the perfect pair to the 484 slim jean. And if you decide to wear it, please, please invest in the Sutherland trench coat. That khaki shade is subtle enough to show off the entire ensemble without clashing or appearing garish against a casual look. Plus, you'd certainly get my attention. I have a history of falling in love with a guy's outfit simply for how well it was put together.

For the ladies, something must have been in the air at J. Crew when they put together their ballet flat department because that area is like a gold mine. Studded, peep-toe, metallic and leather; you name it, they have it and it is beyond hot. All the prettiest, lightest camis and floral printed pencil

skirts line the virtual store.

I am aware this site is not always the cheapest, but that's why they invented Instant Gratification. A sales rack with pieces all under \$100 that seems to go on into infinity. Brilliant!

The second is lesser known, but that's part of the Ruche (pronounced "roosh") appeal. A woman's boutique based in California, Ruche is defined as "a ruffle or pleat of lace, muslin or other fine fabric used to decorate clothes."

Boy, does it ever live up to its name. With prices akin to Forever 21 and Charlotte Russe, Ruche is full-on feminine with bowtie skirts, the Callista English lace cardigan (it's nothing short of a masterpiece) and antique necklaces shaped like scissors and sparrows. The only downfall of Ruche is due to being an online based web site (shopruche.com), when things sell out, they're gone. This is an unsettling prospect for such romantic pieces so I advise checking out the site and maybe hitting that checkout counter on the way out. It is simply the best thing to do!

the Echo
2009-2010

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Meshing 'Generations'

Lauren Puopolo
Staff Writer

CLU students teamed up with the residents of University Village for the new play, "Generations," which opened April 15 in the Black Box Studio.

The production of the play began this past September, when chair of the Theatre Arts Department and director of "Generations," Ken Gardner, took his students to the University Village retirement home to hear stories and past experiences from the retired residents.

Freshman Sarah Thiele described the play as "dynamic and entertaining."

The play is about a mother, June, who passes away leaving her aged husband, Alan, to live alone.

The conflict begins when their two daughters, Alex and Linda, struggle to convince their father that the best thing for him is to be moved to a retirement home where he can be cared for.

Linda, a single mother, can't seem to find commonality with her teenage kids, which leads them to look at other unlikely members of the family to receive advice and guidance.

Sara Burgess, who plays Alex, noted that the University Village residents had a major impact on how the characters' lines were written.

"We basically wrote Alan's character for Gene [a resident of University Village] because we had him in mind when we were thinking about a character,"

Burgess said.

Burgess said that this was a first-time acting experience for the University Village residents and she was "highly impressed."

According to the director's note on the "Generations" program, it took two months before coming up with a storyline, but the entire script was written this semester.

"The people at the University Village have been so welcoming and so helpful, it was a really great experience. I would love to work with them again anytime," Burgess said.

According to Gardner, the message of the play is that there are "similarities and differences between generations."

The play is a workshop production, which Gardner said meant that the play was a constant work-in-progress.

Although Gardner claims that neither he nor California Lutheran University has any plans for working with University Village again, Gardner does add, "We'd love to have the residents come over and work on other shows."

The play runs an hour and 45 minutes with one 15 minute intermission.

The Black Box Studio is small, so plan on arriving early to get a good seat. The studio consists of three areas where all of the acts take place.

"Generations" will run at 8 p.m. April 21, 22 and 24, and at 2 p.m. April 25. Tickets are \$10; free with a CLU ID.

HE SAID, SHE SAID: A LITTLE OF HIM, A LITTLE OF HER

Avoiding foot faults and gutter balls



Antoine Adams

If you're looking for some excitement or have the urge to blow off a little steam, then head to the nearest bowling alley.

Last Thursday night was the senior social held at Harley's Simi Bowl in Simi Valley.

Between the cheap food and beer, everyone is guaranteed to have a great time.

As for the actual game of bowling, I don't actually have much consistency or grace.

One set everything is going great, and then the next I can barely hit the pins.

Allie tried to sneak a win then rubbed it in my face. After I noticed that she had natural talent, I knew I had to step up my game. I stopped fooling around, ceased my granny-style bowls and attempted to eliminate gutter balls.

I had way too much fun throwing the ball as hard as I could. I think I had the bowl rolling at a 15 miles-per-hour pace at one point.

I put my game face on and managed to make a comeback. My athletic ability eventually came through, and I won a game or two.

I couldn't let Allie get the best of me, or else I would be hearing

HE
SAID

about it for at least a week.

I would encourage everyone to go bowling. It is not far away from campus, and it provides something to do on boring nights when you have time on your hands and \$10 in your pocket.

Don't forget the celebratory moonwalk to Michael Jackson after a high score or strike.



Alexandra Butler

Dear creators of bowling, whoever invented the rule of a foot fault in bowling was very unfair.

For those who do not know about bowling, a foot fault is when your foot crosses a certain line.

I bowled two gutter balls before I finally redeemed myself with a beautiful strike.

I jumped for joy, until Antoine informed me it didn't count because of a foot fault. Dang it.

Well, I have a new rule: players should be able to pick between bumpers or no foot fault rule.

I learned the first step to having a successful bowl is to get the correct ball.

At first, I thought the lighter the better, but I never realized that sometimes a ball that weighs more can more easily

SHE
SAID

knock down pins.

Another law of bowling I came across involved acts of courtesy. I had no idea you couldn't bowl at the same time as everyone else.

These big-bad guys in the lane next to us would give me the death stare for walking up to the lane at the same time.

I could care less; ladies go first.

The bowling alley is a great place to people watch, especially the macho group of guys who feel they need to throw the ball as hard as possible.

People were taking the game very seriously, and trying to accomplish an advance spin move on the ball.

To me, bowling is just a fun, laid back activity, but some players were literally getting purple in the face when they scored low.

I guess you're not a tough guy unless you try to throw a 12-pound ball at some pins.

This game is something I often forget about, but wish I did more often.

I was excited that the senior night was at Harley's. However, I only saw two lanes with CLU seniors. The bowling was only \$6 and beer was only \$2.

All in all I really enjoyed myself. I love a little challenge, and thanks to Wii bowling I'm a pro. Not to mention, I let Antoine win.



To submit a story idea, send an e-mail to echo@callutheran.edu, ATTN: features

iPad has skeptics

Brad Hendrickson
Staff Writer

At regular intervals, Apple comes out with a new gadget that sets the bar for competitors.

It all started with the first-generation iPod in 2001, then the iPhone in 2007 and now the Apple iPad, a hybrid computer that has introduced a new class of technology, combining smart phones and computers.

The iPad, which went on sale earlier this month, runs on Apple's iPhone OS operating system, yet incorporates a 9.7 inch multi-touch LCD display that allows more user actions.

With features like these, sophomore Kevin Priville thinks that the iPad is an obvious choice.

"There is no contest. If I bought a Kindle, I would be limited to just reading books. On the iPad I can read colored comics, check my Facebook or e-mail and download movies on iTunes," Priville said.

Communication professor Dr. Druann Pagliassotti has recently become an iPad owner.

For Pagliassotti, iPad offers convenience.

"I use my MacBook Pro all the

time in the classroom, but it's heavy and somewhat awkward to carry around," she said.

"One of my hopes for the iPad is that I'll be able to use it to access my lecture notes more conveniently; I'll be able to carry it in one hand while I walk around the classroom."

However, there has been debate as to whether or not Apple's latest creation is worth the \$499 price tag.

Junior Kara Gerald tested an iPad at a local Apple store.

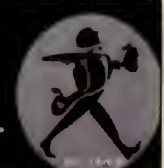
"It feels the same as my iPhone. I have an iBook, and it just runs much more smoothly. I can't even keep more than one program open on this [iPad]," Gerald said.

Thousand Oaks resident Gina Seidenglanz, who has a brother in England, suggested that the device needs a camera for Skypeing.

"This camera-less feature is strange, considering even the iPhone came standard with one," Seidenglanz said.

Only time will tell if this product is an adequate design capable of successfully bridging the gap between the smart phone and computer and if it is yet another Apple gadget that has pushed the envelope.

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OPINION

Senate tries to muffle 'the Echo'

The 49-year-old publication is and always has been open to all Cal Lutheran students



Margaret Nolan
Editor in Chief

"Clubs and publications must be open to all students and follow university policy as outlined in the University Student Handbook."

This new statement in the school Constitution seems cut and dry. Any CLU club or publication must be open for participation by all students.

However, in the eyes of your Senate members, this sentence means the Echo — California Lutheran University's student newspaper since 1961 — would no longer qualify to receive funding from student fees because they do not think the Echo is open to all students.

The biggest flaw in this amendment is that nowhere does it define what it means for a club or publication to be "open to all

students."

Does that mean every meeting, every event and every decision made needs to be open for every single student at the university at any given time? If that is the case, then you will be hard-pressed to find a club that fits that requirement, as even the groups under ASCLUG do not qualify.

According to the minutes from the April 12 Senate meeting, one representative claimed that, "We're not trying to close down the Echo, and I just think it should be open to all students, even if that just means any student can submit writings and then the editors pick what pieces go in each week."

News flash: That is exactly what the current policy is.

While there is a prerequisite for the academic class — Comm. 333, Working on the Echo — being enrolled in the class is not a requirement to work on the paper.

Anyone can work for the paper. I am the editor-in-chief but am not receiving any course credit for my work.

Each week, there is a box printed on page 9 of the paper that encourages all students to submit responses and articles to the Echo for possible publication.

Each week at the top of page 6, there are opinions of the student body in the Campus Quotes. Each week, there are advertisements, submitted by students, promoting events put on by the various offices on campus that are meant for students to attend.

Also, with the addition of the Echo Web site, which will be going live within the next couple weeks, all students will be able to submit blogs, post comments on stories, upload videos, answer poll questions and many other things that will bring even more student participation to the Echo than there already is.

We have had students in the past who have wanted to write for the paper but could not commit to the Friday class and didn't want the course credit for writing. They showed up every Monday, got their story and were reliable reporters

for the paper. However, if one chooses to not follow the rules and regulations that are set forth by the Echo, he or she can be dismissed from a regular writing position, just as a representative can be removed from office of ASCLUG.

In that situation, one would still be able to submit stories but would by no means be guaranteed publication. This helps guarantee we print work that is only of journalistic merit so that we can continue to be credited as a reliable news source.

As I understand it, student fees are supposed to fund the vast amount of student clubs and publications

that exist on the CLU campus.

It is not possible for all students to be part of all clubs and publications as that would make us a student body of photocopies instead of the diverse student body we claim to be.

So one last time, to clear up all doubts and uncertainties, the Echo is open for any and all students to participate and give submissions to.

Thus, the only requirement put forth by the amendment that we are not currently fulfilling is the new community service requirement.

And you better believe you will see the Echo editing staff at next year's Fall Service Day leaving their mark in the CLU community.

Dangers of nuclear power no longer a concern to the college-age generation



Julie Randall

at the cost of peoples' lives and health.

Another disadvantage to using nuclear power is that the plants could become terrorist targets. Nuclear plants, instead of buildings or cities, could be targeted because the attack would cause much more devastation to the surrounding area.

I look around, and it seems college-age people and young people are generally not concerned about Obama's decision to try and use nuclear power. According to Pollutionissues.com, nuclear power plants caused a large stir of protests in the late 1970s that became known as the "Anti-nuclear movement."

Why doesn't our generation seem to be as concerned about the dangers of nuclear power?

It could be because older generations saw the devastation brought on by nuclear power in World War II.

They also were alive to witness the Chernobyl incident. A nuclear plant was operated inadequately, causing a massive explosion in 1986. As a result, the plant workers were killed, and 28 more people died weeks later due to radiation poisoning. Not only did innocent people die but the environment was harmed.

According to Worldnuclear.com, "the resulting steam explosion and fires released at least 5 percent of the radioactive reactor core into the atmosphere and downwind."

Obama's proposal to find alternative fuel through using the potential of nuclear power may sound good on the surface, but the negative realities are numerous and frightening.

I hope proper precautions are taken to make these plants safe for the environment and humanity because the potential for nuclear power to destroy is undeniable.

Still a need for 'the NEED'



Erica Larson

The NEED will not be on campus next year.

Since the beginning of the school year, Wednesday nights at 10:10 in the Student Union Building (SUB) meant a hot drink and a cool performance by a fellow student or visiting artist.

But due to lack of attendance, the money once used to finance the NEED will be dispersed elsewhere.

Meant to resemble an open-mic night at a coffee shop, the NEED provides a venue for those who want to take the stage, as well as a safe, comfortable gathering spot for students to come and enjoy an evening.

Students are offered a selection of tea or hot chocolate at no charge and a seat at a table with a little votive candle, while they support their fellow students or musical act.

But the beauty of the NEED extends far beyond atmosphere.

"Live music is a dying art form," junior Student Life NEED intern Chaz Hodges said. "The NEED upholds real music."

The NEED is reminiscent of a time before iTunes and Myspace music, when watching music being created live was valued and sought after. To see a live musical act means to actually be a part of the music. One's presence in the crowd



Photo courtesy of <http://www.sxc.hu/>

may be seemingly unimportant, but each spectator contributes an energy and enthusiasm to the environment in which the art is being produced, therefore influencing and becoming part of the music itself.

Hodges has been in charge of the NEED for the 2009-2010 academic year and has a good reason why the NEED is as much fun to attend as it is to perform at.

"We all have that secret hope of having our own set. It's one and half hours of you or your band entertaining your friends and the student body," she said.

Indeed, the most successful NEEDs have been those with performances from Cal Lu students. Watching someone from one of your classes perform helps to bridge the gap between audience and entertainer and also allows for Cal Lu students to support one another.

Because the NEED is run by and for the students, it is easy to see why it has become a meaningful part of Cal Lu culture. In addition to facilitating live music, the NEED also creates a strong sense of

campus community. Many students are campus-bound and the NEED offers them a local, safe alternative to other nighttime activities.

Most importantly, the NEED allows students a platform to cultivate performance skills. Should anyone wish to go into the entertainment industry, having experience performing in front of a crowd will surely work to his or her benefit. Having the NEED on campus lets students know that art, music and self-expression is important and worth developing. We need the NEED because it is, for many students, one step closer to making dreams come true.

The NEED is more than a coffee shop set-up with a microphone. It's a place for one-of-a-kind college memories to be created.

"The best nights are when there's a full SUB and everyone is warm with a nice cup of hot chocolate or peppermint tea," Hodges said. "You look around, and it's just silent — everyone's into it."

For further information on the remaining three NEED events, send an e-mail to Need@callutheran.edu.

Obama plans to use nuclear energy in the coming years as an alternative to fossil fuel because climate change has become a major concern for Americans in recent years.

Fossil fuels release large amounts of carbon dioxide into the atmosphere, causing the progression of global warming.

According to an article on LATimes.com, "Obama has pledged to spend \$8 billion to fund the building of nuclear reactors in an attempt to find an alternative to fossil fuels." He plans to harness our potential in clean energy by investing in advanced bio fuels and coal technologies.

Getting away from our dependence on fossil fuels may seem too good to be true, and unfortunately it is. Although there are advantages to nuclear power, such as the fact that it only emits small amounts of carbon dioxide and won't add to climate change as much as fossil fuels, the disadvantages of using nuclear power are vast and scary.

Nuclear power plants would likely emit nuclear, radioactive wastes, which are carcinogenic. This waste is highly dangerous to humans as well as the environment.

The world has seen an exponential rise in cancer rates, and the creation of more nuclear power plants will likely only make these rates go up.

Personally, I would rather see climate changes due to actual global warming than a rise in cancer rates. Climate change prevention is important but not

Confederate History Month decree lacks significance



Reshai
Tate

Virginia Gov. Bob McDonnell is an idiot, and I'll tell you why. Having declared April as Confederate History Month without even minutely acknowledging the practice of slavery in the state of Virginia, it's become very clear to me that McDonnell isn't the sharpest tool in the shed.

How could one live in, let alone govern, a state so historically important and omit such a huge portion of that state's history?

Subliminal or not, denying the

existence of African-American slaves in any state is racism.

Contrary to popular belief, this isn't just an African-American issue. McDonnell's recent careless actions have caused many Americans of all races to ask some very direct questions.

Some ask why celebrate Confederate history at all.

What is even slightly appealing about celebrating states that thrived only by the disenfranchisement and inhumane treatment of a perceived weaker people?

According to McDonnell, the purpose of Confederate History Month and his official decree was to promote Virginia tourism and highlight significant "issues" in the state.

In a nation built on the backs

of slaves, it is preposterous for anyone including McDonnell to believe an omission of slavery in his decree was truly highlighting significant "issues" in Virginia's history.

I question McDonnell's timing. With so many believing our nation to be so much more racially conscious now that Obama is in office, how could McDonnell make such a blatant mistake now?

Though, when it comes to Virginia, its governors don't have the best track record when it comes to making decrees concerning the state's Confederate past.

Since as early as 1997, two other governors have made similar proclamations starting with former Gov. George Allen,

followed by Gov. Jim Gilmore. At least Gilmore had the decency to include anti-slavery language in his proclamation.

Virginia's last Democrat governor, Tim Kaine, has been the only governor of the state in recent years to denounce and refuse to acknowledge Confederate History Month entirely.

As disappointing as McDonnell's original decree was, he has made many efforts to acknowledge his mistake in omitting the practice of slavery in Virginia's Confederate past.

The revision of the decree included a sharp criticism of slavery.

"Whereas, it is important for all Virginians to understand

that the institution of slavery led to this war and was an evil and inhumane practice that deprived people of their God-given inalienable rights and that Virginians are thankful for its permanent eradication from our borders, and the study of this time period should reflect upon and learn from this painful part of our history," McDonnell said.

Yet, with this addition, there is still much to be desired.

What if McDonnell's critics never openly sought an explanation for his proclamation's slavery exclusion? Would McDonnell still have acknowledged his mistake and appropriately edited it?

My better judgment tells me no.

Oprah will have 'OWN' network



Jennifer
Nechiporenko

It was announced early last week that beloved television icon Oprah Winfrey will be getting her own TV network cleverly titled OWN (Oprah Winfrey Network).

Oprah, who just a few months ago confirmed that her popular daytime show would soon be coming to an end, is slated to take over the Discovery Health Channel in January 2011.

According to OWN's official Web site, "The Oprah Winfrey Network will be a 24/7 cable network devoted to self-discovery, to connecting you to your best self and to the world."

The many new shows that Oprah has in the works for OWN all bring something new to the table.

For example, the show "Why Not? With Shania Twain" will follow country superstar Twain and her new life after her very public divorce and new romance.

Shows following the lives of celebrities are nothing new, but with Oprah at the helm there is a certain sense of integrity attached, which makes usually private celebrities open up. I doubt that Shania Twain would have ever considered sharing her life with viewers on a VH1 or MTV reality show.

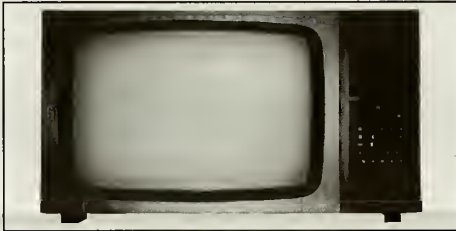


Photo courtesy of <http://www.sxc.hu/>

Following in the footsteps of the Dr. Oz Show, Oprah is also giving shows to other reoccurring guests from Oprah's current daytime show.

Gayle King, Oprah's best friend, will be getting her own show, along with Dr. Laura Berman and Lisa Ling.

For those who don't know what they will do without their daily dose of Oprah, don't fret! Oprah herself will have two new shows on her network.

One of the shows will be "Behind the Scenes: The Oprah Show Final Season," which will be a documentary series. The second show will be "Oprah's Next Chapter," which will follow Oprah around the world as she interviews people from all walks of life.

The show I can't wait to watch is "Visionaries: Inside the Creative Mind," which will feature people such as James Cameron and Lady Gaga as they discuss their creative processes that have made them

into what they are today.

True to Oprah fashion, the legend will also be making dreams come true as she searches for the next big thing in "Your Own Show: Oprah's Search for the Next TV Star."

Along with these shows, the network will also feature already popular types of programming such as the decluttering of homes and following the family lives of lesser known celebrities, such as former professional surfer Izzy Paskowitz, but all with the Oprah twist and uplifting morals, of course.

Everything Oprah touches turns to gold, and OWN will be no different.

Oprah's faithful audience will now be entertained all day instead of just the usual hour she is on the air.

The new network seems like the next logical step for the TV icon. The shows all look like they will turn out to be smart and informative while doing what Oprah does best: entertain.

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the Echo

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Please limit responses to 250-300 words.

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SPORTS

Regals grind away at struggling Caltech Beavers

Win puts CLU on top of the SCIAAC for now

Sasha Voinovich
Staff Writer

The Beavers of California Institute of Technology were no match for the CLU women's water polo team. The Regals claimed a 22-2 victory at the Samuelson Aquatic Center this past Saturday.

California Lutheran senior and team captain Meredith Butte put a point on the board within the first minute of the game, and the Regals managed to score four more goals in the first quarter.

Senior Joy Cyprian, junior Bobby Sanders, sophomore Kelsey Bergemann and freshman Shannon Streeter were responsible for the rest of the first quarter goals.

Caltech's Hanna Dodd proved to be the only hope for the Beavers, scoring both Caltech goals on Saturday. The Beavers have only been able to come away with one win this season, which was against Chatham University.

"We tried to work on fundamentals this game like crisp wing outs and ball side defense: things we can practice as much as possible before playing teams where



Photo by Kevin Baxter-Sports Information

Fantastic Five: Senior Joy Cyprian was one of five Regals to score in the first quarter on Saturday.

these things are crucial," Bergemann said. "Personally, I want to contribute to the team as much as possible so we can be back-to-back SCIAAC Champs."

Junior Sarah Mock put up two goals in the final minutes of the half, extending the lead 8-1 for the Regals.

The Regals were able to score five more goals during the third

quarter thanks to Sanders and sophomore Tiffany Ly.

"Our coach reminds us that even though we are playing an easier team, it doesn't mean we have to compromise on our defense," Ly said. "So in the game, our main focus is still the same: preventing them from scoring."

The Regals were 13-2 over the Beavers heading into the fourth

quarter.

The pool was dominated by the CLU freshmen in the fourth quarter, who managed to put up another nine goals. Sarah Connors and Streeter put in three goals, Janelle Corugedo put in two and Neika Maryn finished the day with the final goal of the game for the Regals.

"We're making sure that we go

into every game with the same intensity we would a championship game. No team should be seen as an easy win. We know that we have to work really hard to defend the title," Ly said.

Streeter was the leading scorer of the morning, ending the day with five goals for the Regals. Right behind her was Bergemann, Connors and Sanders each with three goals apiece.

Sophomore Jane Galluzzi had to watch this game from the bench because of a fractured hand.

"Watching from the sidelines was new to me. I found that this game was a great opportunity for younger players to step their game up," Galluzzi said. "I am glad we have a lot of skilled players. It's great to know that we are a team that has the talent to recover if someone is injured."

The Regals will continue their quest to repeat as SCIAAC Champions Wednesday, April 21, at 5 p.m. at the Samuelson Aquatic Center, hosting the Athenas of Claremont-Mudd-Scripps. On Saturday, April 24, the Regals will host Whittier in their last season game at 11 a.m.

"Nobody wants to win as much as we do," Bergemann said. "I know we have everything it takes to be an amazing team and champions again."

COVERING ALL THE BASES:

NFL Draft goes prime time



Andrew Parrone

In an attempt to widen its appeal and attract a larger TV audience, ESPN and the NFL decided to move the first round of the draft from its usual time slot on Saturday morning to Thursday at 7:30 p.m.

Casual fans may be intrigued by the move to Thursday night, but I think this move may actually turn off longtime fans of the traditional draft format. Fans will watch regardless of the time, but the perception is that the NFL changed its tradition strictly for the almighty dollar.

This may be the final draft in which rookies receive excessively large contracts in the first round. It has become such a problem that many rookies become the highest-paid player at their position in the league without proving a thing. It is widely speculated by NFL analysts that rookie contracts will be scaled way back by the time the draft rolls around next year, so the draft saw a huge influx of underclassmen who hope to break the bank while they still can.

A glaring area of concern for NFL front offices is the conduct and behavior of their players. The recent antics of Ben Roethlisberger and Shaun Rogers have highlighted the need for talent evaluators to focus on how players perform off the field. Make no mistake, talent still trumps everything else, but teams do not want to be publicly embarrassed by their investments.

It's clear by now the NFL is very much a pass-oriented league. In 2009, there were 10 4,000-yard passers in the league — the most ever for a single season. This trend figures to continue into the future, which puts added value on four positions: quarterbacks, pass protectors, pass rushers and cornerbacks.

The No. 1 overall pick in this year's draft belongs to the St. Louis Rams, who have now only won five games in the past three seasons and picked in the top two each year as a result. They have ignored a growing need for a quarterback for way too long now and cannot afford to make that mistake again this year.

For that reason, I would be shocked if Oklahoma quarterback Sam Bradford is not their choice. Even with concerns about the health of his shoulder, Bradford's accuracy, intelligence and leadership should make him a very good quarterback in the

NFL with a little time.

Defensive tackle is historically one of the hardest positions to draft, especially in the top 10. But Nebraska's Ndamukong Suh and Oklahoma's Gerald McCoy both look to buck that trend. They are widely considered to be the best players in the entire draft, with virtually nothing separating the two. The Detroit Lions (No. 2) and Tampa Bay Buccaneers (No. 3) should be ecstatic to have them fall into their laps. How the Lions will choose between the two is still a mystery to me.

The Washington Redskins shook

up the entire draft when they traded for Donovan McNabb. It was assumed that new coach Mike Shanahan would want to draft a quarterback with the No. 4 pick, but now they are free to select another position. Their offensive line was atrocious last year, so an offensive tackle like Oklahoma State's Russell Okung would be a wise pick to protect their new signal caller.

Safety has long been a devalued position in the NFL, and it is very rare to see a safety selected in the top five, but Tennessee's Eric Berry may change that this year. He absolutely terrorized SEC quarterbacks the past three years

and is one of the most complete safeties to emerge from the college ranks. Hopefully the Chiefs won't be dumb enough to pass on him with the No. 5 pick.

However, the unpredictable nature of the draft is what has made it so popular and why even a play to mainstream it will not stop fans from coming back again this year.

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Women's tennis secures fifth place in championship



Photo by Trace Ronning - Sports Editor

Final Four: Kim Kolibas won her last four matches of the tournament.

After first round upset, Regals sweep to finish

Josh Larson
Staff Writer

The Regals played three matches over the weekend in the SCIAAC Championships hosted by Whittier College and took home fifth place.

The young team didn't place as high as they did last year, but five of their top six singles players are sophomores or freshmen, so they have time to progress.

On the first day of the SCIAAC Championships, the fourth-seeded Cal Lutheran women's tennis team dropped its first round match 5-2 against No. 5 Occidental in the morning and came back with a 9-0 victory in the afternoon over No. 8 Caltech in the second round.

Against Occidental, the Regals trailed 2-1 after doubles in the opening round match.

Sophomores Holly Beaman and Jordan Leckness won the first point for CLU by defeating Jessica Go and Katrina Gould 8-2 at No. 2 doubles, but an 8-6 loss at No. 1 doubles and an 8-3 loss in the third doubles match put the Regals behind early.

Junior Lacey Gormley picked up the second point for CLU with a 6-1, 6-3 win at No. 6 sin-

gles over Isabelle Ying.

Occidental would then seal the deal on the match by claiming victories in the second, third and fourth singles matches.

After the opening loss, the Regals would bounce back in their second round match with a sweep against the Caltech Beavers.

Leckness and Beaman won 8-0 in the No. 2 doubles match, Gormley and freshman Lauren Toohey were 8-1 winners in the third doubles match and sophomore Kim Kolibas and freshman Carly Mouzes secured an 8-5 win in the top doubles match.

Toohey was the first to finish in singles and won 6-0, 6-0 in the fourth singles match. She was followed by Beaman's 6-0, 6-1 win at No. 3 singles that gave CLU its fifth point and secured the victory for the Regals.

Leckness, Gormley, Mouzes and Kolibas all took home victories of their own to complete the sweep of the Beavers.

On the following day, the Regals competed in the fifth place match against the University of La Verne and emerged victorious with a consecutive clean sweep.

The Regals cruised their way through doubles play with wins of 8-1, 8-2 and 8-2. Kolibas and Mouzes won 8-1 at No. 1 doubles while Leckness and Beaman won in the second match and Toohey and Gormley were vic-

torious at No. 3 doubles.

Kolibas secured a 6-1, 6-2 win in the top singles match. Leckness won 6-4, 6-0 at No. 2 and Beaman was a 6-3, 6-0 winner in the third singles match.

Toohey, Gormley and Mouzes also won their matches and completed the sweep for CLU against La Verne.

"The Oxy match was definitely a hard loss but after that we had to regroup and win the next matches. We never got too negative and by staying positive it helped us win the next matches pretty easily," Beaman said.

The Regals finished its season on a high note and with an overall record of 11-8 along with a 6-4 SCIAAC record.

The 11 wins ties for the most wins in a single season by a new coach. Coach Vanessa McPaden shares the record with former coach Ben Robertson in 2005.

Members of the Regals tennis team will be in action at the Ojai Tournament April 22-25.

On deck



Cal Lutheran
at Ojai Tournament
Gilbert Arena
Thurs. 7 p.m.

Cal Lutheran's record thrower

Andrew Adams
Staff Writer

Senior Christa Youngern's collegiate career has already been successful, and she has the chance to further improve upon that next weekend in the SCIAAC Championships.

Youngern has already earned the honor of holding the California Lutheran University record in both the shot put, discus throw and the hammer throw, and judging from her confidence level, she might have a chance to improve upon them.



"To be in a place of confidence, where I know what I'm doing to a certain extent and have an understanding of technique, is just a wonderful place to be," Youngern said. "I finally feel like my personal bests accurately reflect on the time and effort I put into them."

Youngern has placed No. 11 and No. 18, respectively, in Nationals the past two years as

the only Cal Lutheran track & field representative. In a season where Youngern has been setting new records almost every week, she also hopes to keep her streak of SCIAAC championships alive.

Over the past two seasons, Youngern has won the SCIAAC championship in both the hammer throw and the shot put. She also finished second and third in the discus throw.

"I can't explain in words what [Youngern] has meant to this team in her tenure here at CLU," coach Matt Lea said. "She has by far been one of the greatest track and field to ever come through CLU. She is one of the main reasons that our women are contending for a title this season and finished second last season. We have been very lucky to have coached [Youngern] and had her as a part of this program."

There were signals that Youngern would have a unique career at CLU when she became SCIAAC Champion in the discus throw as a freshman.

"We knew we had something special when she was able to win a competition like the SCIAAC Championship so early in her college career," throwing coach Lucais MacKay said.

With the SCIAAC Championships coming up, Youngern is hoping to continue both her and

her team's strong season. Coming off their last tournament in Occidental, where Youngern placed first in the hammer throw, discus and shot put, the track team will travel to Pomona for the championships on April 30.

In the third SCIAAC quad at Occidental, the Regals beat all three of their opponents in Claremont-Mudd-Scripps, Pomona-Pitzer and Occidental. They will head into the conference finals in first place.

"I believe we will continue to show what we're made of at the SCIAAC Championship," Youngern said. "The team has wanted to win league for a couple of years now, and we have a very decent chance at making that happen. We're going to bring it."

With their recent success against conference opponents, they are the frontrunner to be first at the tournament's close.

On deck



Cal Lutheran
vs. SCIAAC
Pomona-Pitzer
April 30-May 1



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Kingsmen fall just short of making tennis history

Amanda Lovett
Staff Writer

For the second time all season, Kingsmen tennis lost to Claremont-Mudd-Scripps, 6-3, in the SCIAC conference match.

Cal Lutheran was in the running for the conference crown this weekend for the first time in CLU history for tennis.

All three doubles teams dropped early breaks this weekend, which cost the team the conference title with a deficit the singles could not overcome.

The defeat marked the first of the season for junior Andrew Giuffrida and freshman Nick Ballou, who were 20-0 before the match.

"In the doubles play, we need to be more aggressive and try to not give them too many free points," Giuffrida said. "For the singles play the only thing we need is to have more confidence and try to close out the long matches."

Three break points were earned by seniors Ryan Lassila and John Karsant to trail only 7-5, but a CMS pair of aces and an error blocked those chances before Russell Brockett and Mikey Lim of CMS held on to the 8-5 win for doubles.

Senior Jordan Culpepper and freshman Ray Worley were defeated 8-3 by a superior net play by Eric MacColl and Brandon Wei of CMS, and CLU was unable to catch up.

"Every match this season we've swept all doubles and won all three matches — or two out of three. We

lost all three against Claremont to start it out — so that was an adversity we had never really faced before," Culpepper said.

CMS' Lim forced the CLU guys to win the final five out of six singles matches for the SCIAC title with a 6-3, 6-4 victory at No. 2. However, Mac Cahill defeated sophomore Justin Wilson 6-1, 6-3 at No. 6 singles, which gave CMS the fifth point to win the match.

"They were more aggressive than us in doubles," head coach Mike Gennette said. "We need to take it to them and be the aggressors. You win, we win," he said.

No. 1 player in the western region, Giuffrida, battled it out with second best Robbie Erani, winning the match 7-6, 6-1.

"I am very happy that I got the Player of the Year trophy, and I'm ranked No. 1 in the west region," Giuffrida said. "I'm pretty confident and I will make sure I will keep winning."

The players have used their success this season as a confidence builder.

"It's helped not only my performance but everyone's performance out on the court," Ballou said. "Everyone has more confidence and energy when we see our hard work being noticed by everyone."

Worley defeated CMS' Brockett in straight sets. Meanwhile, Karsant won an 11-9 super tiebreak at No. 5 to conclude the competition.

Lassila split his No. 4 singles with an opening win of 6-3 and

a second defeat of 10-6 super tiebreak to MacColl.

"Our coach then told us that we were going to have to treat our match like it was up to us [as singles] to win for the entire team. But with that mentality we probably played the best singles all season," Culpepper said. "So we lost three out of six singles matches, but that wasn't good enough. You have to win five."

Despite the loss, however, the Kingsmen seem to be delighted with the experience of playing the SCIAC conference with the opportunity to win.

"I am very happy with our results, and obviously it was a big deal for us. We had nothing to lose, so we had a lot of fun out there," Giuffrida said. "The guys are looking pretty good, and I think we will do better in the NCAA regionals."

Being the only team to defeat Cal Lutheran this season, Claremont-Mudd-Scripps did so both regular and postseason. A week ago, CLU fell to CMS by a similar 6-3.

On Saturday, CMS took the conference title (19-4, 8-0 SCIAC) for the fifth time and extended their winning streak for the conference to 49 matches.

The Kingsmen will face off competition at the four-day Ojai Invitational starting tomorrow, where they will play hard to make it to the final rounds.

"Everybody's goal in this invitational is to make it to the second day, which is very hard to do; in order to prove our ranking, to prove that we are a very strong



Photo by Matt Michaels - Staff Photographer

Nice Try: Sophomore Justin Wilson couldn't hang on at No. 6 singles.

team, Culpepper said. "Andrew is our No. 1 player — the all American. He just won the SCIAC player of the year award. Ballou also has the opportunity to go extremely far in SCIAC, if not win it."

This season made history for the Kingsmen tennis team, being the first generation to make it this far in competition.

"We felt like we were the Cinderella team because CLU has never done this before. [We've] never had a record this good," Culpepper said.

"Knowing that we were the No. 4 team in the country, we definitely deserved to be in that position and we thought we had an equal opportunity to win the match."

Baseball team wins sixth straight SCIAC contest

Gabriella Gomez
Staff Writer

On a sunny Sunday afternoon, April 18, the Kingsmen baseball team beat Claremont-Mudd-Scripps 7-2. This put Cal Lu-

theran at 16-8 in SCIAC games and 23-12 overall.

The Kingsmen are in third place in SCIAC behind Pomona and Redlands. With five games left in the season, CLU has a chance at the first place team,

Pomona Pitzer, to claim SCIAC Championships.

The tone of the game was set early for the Kingsmen as they scored three runs in the first inning. They continued to hold that energy throughout the

game for their dominance over Claremont.

CLU senior Chase Tigert started by pitching six innings and striking out five batters, while only allowing one run on six hits and one walk.

In the third inning, Tigert was able to get out of a jam by hitting the Claremont batter, who still swung at the pitch, striking out to end the inning.

Sophomore Jordan Cox and senior Josh Larson combined to pitch the last three innings, preserving the win for Tigert. The three Kingsmen pitchers combined to strand eight CMS base runners.

"I thought today's game was a total team effort," Tigert said. "Everyone contributed to the win. We played great defense, hit well and also pitched well. I don't feel there was anything in the game today I would change. I feel everything that happened, did so in a way that benefited us."

The Kingsmen were able to take advantage of the four errors made by Claremont in the first few innings. In the late innings of the game, freshman Trevor Koons threw out a runner at the plate, and junior Colin Gray blocked a pitch in the dirt preventing a passed ball that kept

Claremont base runners from advancing, helping to seal the victory.

Junior K.C. Judge and senior Landon Smith each had two RBI, and Judge extended his career high hit streak to 10 games. Smith's two RBI came on a clutch two-out double in the first inning.

Smith had a strong game both offensively and defensively by adding three defensive assists to his two RBI. Delgado and junior Travis Dadigian both had two hits in three at bats and scored two runs a piece.

The team combined to have 11 hits in 32 at bats. Only once in the game did the Kingsmen batters get retired in order.

"I thought we played a complete game. Our pitching, hitting and defense were superb," senior Paul Hartmann said.

The team was positive throughout the game about the outcome. With this win they have become the team to beat after having a six game winning streak.

The Kingsmen will face Whittier (5-19) this Friday, April 23, at 3 p.m.

Whittier, ranked second to last, has already been defeated three times by the Kingsmen this season.



Photo by Max Buchanan - Staff Photographer

Crushed: Senior Paul Hartmann makes contact on a single to left field in the sixth inning of the 7-2 victory.



Additional
festival of
scholars
coverage
Page 2 and
online



Class makes
recycling a
priority at
CLU
Page 5



Regals
celebrate
senior day
with win
Page 12

the Echo

April 28, 2010 Vol. 55 Number 10

ASCLUG raises student awareness during Earth Week Events highlight how little changes can make a world of difference



Photo by Nicole Chang - Staff Photographer

Trading Up: Senior Ali Sheets (left), Go Green committee chair, accepts 50 recyclable items from junior Tricia Johnson. The recycling exchange was a part of a week long event to celebrate Earth Week.

Courtne Batista
Staff Writer

CLU celebrated Earth Day with a week of festivities put on by ASCLUG Senate's Go Green Committee that focused on increasing students' awareness on the ease of living a greener life.

Earth Week kicked off Monday, April 19, with an event hosted by the Community Service Center where Stine Odegard, senior coordinator for CSC, spoke on what exactly sustainability is and gave tips to students on how to recycle and go green.

She also discussed the different ways that the California Lutheran University community is working to make the campus greener.

"We want students to learn how to personalize going green and how it directly affects them," Odegard said.

On Tuesday, the Go Green Committee hosted an event called Power Hour from 8 p.m.

to 9 p.m. Students were invited to turn off their lights, unplug their electronic devices and come down to the Student Union Building where they could listen to live acoustic music performed by freshmen Kirby Ai and Lacie Goff, sophomore Kevin Bowen, junior Skyler Butenshon and senior T.J. Alvarado.

"Students who attended the event were encouraged to make small changes to the way they live their lives, such as turning out the lights to make a large difference in living a green life," said Ali Sheets, Go Green committee chair.

The idea for Power Hour came from the nationwide Earth Hour held on March 27, but because it fell during spring break we created our own during Earth Week, according to Jesse Knutson, Go Green committee member.

On Wednesday, the Go Green Committee sponsored a recyclable trade where students

[See GREEN, Page 2]

Festival of Scholars week begins

Gannon Smith
Staff Writer

As the last note sung by the CLU choir soared through Samuelson chapel and conductor Wyant Morton lowered his hands, the audience members joined in a minute long standing ovation.

Evan Sponseller, a senior at California Lutheran University and the composer of all the music

performed at his senior recital, could not have been happier.

"It went a little better than I thought it would," Sponseller said. Sponseller's senior recital was the first recital and second event of this week's Festival of Scholars here at CLU.

The first event, last Friday, was a series of performances by CLU students and faculty of songs composed by Grammy Award

winner Libby Larsen.

Also, on Sunday along with Sponseller's recital, the play "Generations" was being performed in the Black Box.

The fourth annual Festival of Scholars is being held from April 23-May 1 and showcases scholarly work of undergraduate and graduate students from the College of Arts and Sciences, the School of Education and the School of

Business.

These scholarly works may include traditional research, creative work or the application of theories to real-life situations. Students may also be presenting their senior capstone project or other outside research that they have completed independently from their curriculum. In addition, there will also be

[See FESTIVAL, Page 3]

More Online...

- Daily updates from the festival, photos from the different presentations and presenter interviews all at CLUEcho.com
- Follow CLUEchonews on Twitter for live tweets

The Echo online launches today!

www.CLUEcho.com

Students vote, clubs now 'open'

Constitutional amendments pass with majority vote

Jakie Rodriguez
Staff Writer

The results are in: based on the student body vote, all clubs and publications will have to be "open" in order to receive funding from student fees.

Last Tuesday and Wednesday, April 20 and 21, students were able to vote through the MyCLU portal, to determine whether or not they felt that all clubs and

publications should be open to all students.

Needing only a two-thirds majority to pass, "the constitutional amendments passed at 77 percent," said Sally Lorenston, assistant director of Student Life.

The amendments that will be added to the constitution include club and publication requirements for receiving student funding, as well as allocating 3 percent of student fees to the Forrest Fitness Center and granting power to Programs Board to vote on constitutional changes.

The three changes that were proposed came about in different

ways but were proposed through legislation to the ASCLUG and were then sent out to the student body, Lorenston said.

The change for clubs and publications was based on Senate's desire to have the constitution match the university policy, while the allocation of student fees to include the Forrest Fitness Center were based on student concerns as voiced in the Echo and other forums.

The desire to change the election process was initiated by the ASCLU election committee, Lorenston said.

Despite the diverse ways that the [See CONSTITUTION, Page 3]

NEWS

IN BRIEF

2010-11 ASCLUG Members and Spring Retreat

The ASCLUG Spring Retreat will be held Sunday, May 2, in the Gilbert Sports and Fitness Center starting at 8:45 a.m. Spring Retreat allows the boards to set goals for the upcoming year.

Executive Cabinet

President: Evan Clark
Senate Director: Daniel Pell
Programs Board Director: Ryan Strand
Controller: Chelsea Williams*
Recorder: Katie Bode*
* positions not approved until Spring Retreat.

Programs Board

Sophomore Program Board
Alexis Faughn
Jessica Plowden
Emily Casarez
Torey Kromnick

Junior Program Board

Bianca Santos
Alex Cerri
Bree Gibson
Amanda Berg

Senior Program Board

Tyler Lee
Kim Hamon
Megan Johnson
Jesse Knutson

Senate

Sophomore Senators
Jesse McClain
Lauryn Andrews
Maryalice Marston

Junior Senators

Grant East
Kayla Kilpatrick
Sierra Ronning
Shannon Teague

Senior Senator

Cass Hallagin

Commuter Senator

Kara Rogers

CLU generates \$142 million for Ventura County

Hanna Halldorsdottir
Staff Writer

A new study designed to measure the economic impact of CLU has found that the university generated almost \$370 million for the United States economy in the 2008-09 academic year.

"People do not look at universities as a common economic engine," said Dr. Jamshid Damooei, the study's author and professor at California Lutheran University's School of Business.

According to Damooei, the survey was over a year in the making.

He studied CLU's economic impact through payroll, operating expenses, student questionnaires regarding their spending and the spending of visitors.

Among undergraduate students, 25 percent of the students who received a questionnaire turned it in fully completed. Among the

graduate and ADEP students, the response rate was 18 percent.

"We got a very good response back, which allows us to figure what we collected is statistically significant," Damooei said.

Student spending was also important in the calculation of the economic impact, with student expenditures at around \$40.6 million within the county.

According to the study, visitors of CLU students contributed around \$10 million to the country's economy.

After gathering data, researchers applied their findings to an input-output model.

The study included both direct and indirect economic impacts of CLU, as well as induced effects, which include the spending of businesses that generate revenue from CLU students, employees and visitors, Damooei said.

The study found that during the 2008-09 school year, CLU generated about \$142 million for

Ventura County's economy and \$213 million for the statewide economy.

The study also estimates that CLU's economic impact is responsible for generating 3,087 jobs nationwide, 1,801 of those are within California, and 1,389 are within Ventura County.

According to the survey's data, CLU's budget for the 2008-09 was \$65.2 million, with roughly \$30.7 million spent on wages for its 457 employees.

CLU also spent \$22.6 million on capital expenditure, including a new residential hall, Trinity and the Facilities building.

CLU's presence contributed to around \$49.6 million in taxes nationwide, \$32.4 million within the state and \$21.7 million within the county.

"Certainly I was surprised to see how much of an impact we were having statewide and nationally," said Stephen Wheatly, vice president of University

Advancement. "It serves to support our contentions that California Lutheran University is a powerful engine both within academic circles, and [also] within economic circles."

Wheatly believes that including the impact of alumni who have stayed in Ventura County after graduation would lead to even more dramatic results.

William Rosser, vice president of Student Affairs and dean of students, was pleased with the way the study was conducted.

"It seems to me that where choices related to methodology were made, they were prudent and conservative, so as to not overstate matters or bring into question the entire survey because of any overreaching element," Rosser said.

According to Damooei, this study measuring economic impact was the first of its kind preformed for CLU and other colleges in Ventura County.

Classes stress the importance of living green

[GREEN, from Page 1]

could exchange 50 recyclable items for a free reusable water bottle.

The week ended with an Earth Day fair that was held in the Pavilion.

Despite the drizzly weather, clubs, organizations and classes on campus came and set up booths to inform students on a variety of green issues.

ASCLUG sponsored a booth where they gave out free reusable bags and water bottles.

The gardening class displayed an assortment of flowers and vegetables.

Students could also make donations to help victims of the Haiti and Chilean earthquakes. Feminism Is... hosted a booth that focused on Eco Feminize, where

students had a chance to learn about water consumption and to make a pledge to reduce the amount of water they use.

Freshman Jesse McClain, who is a member of the Go Green Committee, liked the overall success of the week. "This week is all about educating. It is a stepping stone for future years to come," he said.

The Go Green Committee was not the only one preparing for Earth Day. Professors are trying to incorporate the green effects into their classes so that students learn first hand how to be green in the workplace.

Professor Jean Sandlin's Advertising Campaigns class completed a project where they created a sustainability campaign



Photo courtesy of Ali Sheets-CLU

Piling up: Trash collected from the water bottle exchange program.

that would be implemented in the Samuelson Chapel to increase recycling. The class then donated compost bins to the chapel and surrounding buildings in order to help CLU become a better campus.

"This project definitely helps raise awareness," said senior Nicole Vega, who is one of the students in Sandlin's class. "I've been able to become more conscious of my waste and learn that anyone can help in small ways."

The CLU community has shown commitment to making CLU a greener campus during Earth Week. Sheets smiled at the thought of the chain reaction this week has had on students and faculty.

"CLU has a pretty big impact on the community," she said. "They look to us to see where we're going. This week was not about pushing a huge change onto people. It was about informing them that even the small things make a big difference."



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Math, ESSM and Psychology will be available
8 p.m. CRAZY GAME Break
TONS OF MUNCHIES

Action Abroad Alliance aims to go beyond just donations

Breanna Woodhouse
Staff Writer

The Action Abroad Alliance held "Fundraiser for Small Fortunes" on April 21 in Overton Hall, with dinner, dessert, drinks and the showing of the PBS microfinance documentary "Small Fortunes."

Action Abroad Alliance was started in 2008 by Co-Presidents Grant Berg and Melissa Harbison with the intent of serving as a forum for students who are interested in volunteering and as a platform for national activism, Berg said.

According to Berg, the goal for the fundraiser was to generate awareness about poverty and the poverty relief strategy of

microlending.

"Small Fortunes" discussed the impact of microcredit through the stories of eleven microentrepreneurs around the world.

Dr. Jamshid Damooei, California Lutheran University's professor of economics, spoke at the event, stressing the importance of the event and cause.

"We must expand, not just by donations, but by knowledge," he said.

People around the world, such as the poor and immigrants, are unable to get loans because they are not financially stable and have no credit history and thus cannot start their own businesses.

However, microlending gives

these people such an opportunity.

Microlending is the extension of very small loans, or "micro" loans, to those in poverty, especially women. Most loans are for less than \$100, and are designed to spur entrepreneurship and to have enough profits to reinvest in their business and family.

"Microfinance allows people to empower themselves. It targets women because they have been shown to pay back loans at a higher rate to, save more and to spend more on their children and their education," Berg said.

One story that captured the success of microlending was that of Jorimom Kahn.

Kahn is a mother of four in Tangail, Bangladesh, and was

suffering from insufficient food, clothing and housing.

In 1980 she took out a microloan for 600 taka (about \$10US) that she invested in a patty-baking business.

Within two years she was so successful she was able to pay back all her loans and expand her business.

On April 21, the Action Abroad Alliance also discussed their goal of \$2,000 for microlending to poor female entrepreneurs in Uganda.

"We figured a fundraising dinner would be a great way to encourage support," said Nicole Sparkman, the group's treasurer. "We also decided a free dinner would be best, as many students

Connect with the Action Abroad Alliance

- Meeting May 5 at 8 p.m. in the Grace Lounge
- To get on the AAA Mailing list e-mail Melissa Harbison, mharbiso@callutheran.edu
- Find AAA's on Facebook

are strapped for funds and a ticket price could discourage them from coming. This dinner allowed both community members and students to gather and enjoy an evening learning about a current project that, for some, has radically changed their world."

High national debt has brought the U.S to a new low

Alyssa Harris
Staff Writer

"It's dangerous-it's like a sword of Damocles hanging over our national head," economics professor Simon Chatwin said.

The national debt that the U.S. has accumulated at this moment measures some \$13 trillion according to usdebtclock.org.

This has put the U.S. in a position where we are being forced to come up with a way to repay this deficit without making the country become completely bankrupt in the future.

"The amount of the debt isn't a huge concern, what is a concern is that we don't have control of it. There isn't a consensus on how to reduce it," said Dr. Bill Watkins, executive director of the California Lutheran University's Center for Economic Research and Forecasting.

The main problem that the U.S. is facing is that it is importing more than it is exporting, and we are borrowing to pay the difference.

Anything that is borrowed must be paid back, and usually is with interest. Due to fiscal

irresponsibility, billions are being spent to cut down the credit crisis and tax cuts along with spending increases.

These expenditures are said to cause the debt to increase more and more as the years go on.

According to the documentary "I.O.U.S.A.," government officials in the U.S. such as David Walker, the nation's top accountant, point a finger at the public of the U.S., saying that the way we live our lives is the reason for this debt because we are spending in an unrealistic way.

"I would expect increasing pressure on the debt interest rates to rise as people lose confidence in the U.S.' ability to service the debt," Chatwin said.

"This will cause inflation to rise, but strangely the government has to spend money to get more

movement and growth into the economy in order to reduce the deficit and hope that this activity will generate more money faster than the expenditure rises. This was the solution after WWII and historically it is the only way that big national debts have been reduced."

The deficits that the U.S. are working with are in the areas of budgeting, leadership, saving and trading, according to "I.O.U.S.A." These four areas have caused the U.S. to develop a large national debt.

According to CNN.com, "The most controversial issue in economics right now is that the CEO of Moody's and the former president of Standard & Poor's, in addition to a number of other credit rating agency leaders, are slated to testify on

Capitol Hill. The hearing, before the Senate Homeland Security and Governmental Affairs Committee, is the third in a series exploring the causes of the financial crisis and will focus specifically on the involvement of credit rating agencies."

The national debt is a constant topic among American citizens who are trying to figure out ways that the debt can be paid back in order to make our future brighter and not dimmed by the shadow of increasing debt.

"I'm doing what I can to improve the chances that the next generation have the intellectual tools to work out good solutions to global warming, worldwide economics, international starvation and population dynamics by teaching all that I know," Chatwin said.

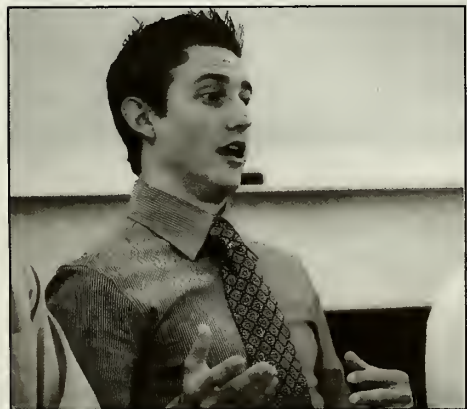


Photo by Doug Barnett — Photo Editor

Traveling Man: Senior Scott McClave talks about presenting his research at the Southwest American College of Sports Medicine Regional Conference.

Festival to showcase academic success of students

[FESTIVAL, from Page 1]

teaching demonstrations, multimedia displays, art exhibits and other recitals.

Some new special sessions were added into this year's festival. The first one is a showcase of CLU alumni scholarship. The next one is a program called "What I did on My Sabbatical," where CLU professors will speak about

the highlights of their sabbatical research. Students who went to regional and national conferences will share their experience at the OUR Presentation Travel Grant session. Finally, there will be a Graduate Research Symposium. There will be over 200 presentations all over campus this week.

Admission is free to all events.

Student fees to fund fitness center

[CONSTITUTION, from Page 1] changes were brought about, they were all passed and will take effect in fall 2010.

In order to allocate three percent of student fees to the fitness center, some funding to other groups was taken away or decreased.

"One percent of fees were taken from each of the following areas to make up the three percent: Student Life, ASCLU Senate and clubs and publications," Lorenston said.

The allocation of student fees to the Forrest Fitness Center will be used to address some of the issues students expressed.

The fees will be allocated for "equipment maintenance, replacement and programmatic offerings," Lorenston said.

However, the ranking official of the Forrest Fitness Center will determine where the exact funding from student fees will be allocated, Lorenston said.

In addition to the changes regarding the fitness center fee allocation, the amendment also

states that in order for clubs and publications to receive funding from student fees, they must be open to all students.

However, some students think that clubs and publications should receive their funding based on character rather than availability to all students.

"I think funding should be given to clubs and publications based on merit and need," junior Lucy Cancino said.

"Some clubs on campus are already open to everyone and yet they still need more funding."

With this vote, publications must now adhere to the policies that clubs have already been abiding by.

The changes to clubs and publications that the student body voted on will not change the way that a club or publication is approved.

"Rather, this is an inclusion in the ASCLU Constitution what already exists in university policy related to Clubs and Publications," ASCLU senate

director Beth Berry Peters said.

While the changes will not have an effect on how a club or publication becomes approved, some students think that it will help to increase participation as more students take advantage of the various opportunities CLU provides.

the Echo 2010-11 Editing Staff

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Business/Ad Manager (online): Gannon Smith
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Contact Carly Robertson at cdrobert@callutheran.edu

CALENDAR

Wednesday April 28 <ul style="list-style-type: none"> University Chapel: Planted for All 10:10 a.m. Samuelson Chapel Common Ground: Erin Hedrick 9:11 p.m. Samuelson Chapel The Need: Amanda Wallace 10:10 p.m. SUB 	Thursday April 29 <ul style="list-style-type: none"> Senior Art Exhibit Kwan Fong Gallery First Year Dessert Social 8 p.m. Pastors' house Fourth Annual Festival of Scholars CLU Campus 	Friday April 30 <ul style="list-style-type: none"> Senior Art Exhibit Kwan Fong Gallery CLUStock 7 p.m. Football field Wind Ensembles Play Favorites 8 p.m. Samuelson Chapel
Saturday May 1 <ul style="list-style-type: none"> Senior Art Exhibit Kwan Fong Gallery Yam Yad 2010 9 a.m. CLU campus 	Sunday May 2 <ul style="list-style-type: none"> Senior Art Exhibit Kwan Fong Gallery Lord of Life Worship 6:15 p.m. Samuelson Chapel 	Monday May 3 <ul style="list-style-type: none"> Senior Art Exhibit Kwan Fong Gallery
Tuesday May 4 <ul style="list-style-type: none"> Senior Art Exhibit Kwan Fong Gallery Corporate Leaders Breakfast 7:30 a.m. Lundring Events Center Celebration of Service 7:15 p.m. Samuelson Chapel 	Next Week: May 5 - May 11 <ul style="list-style-type: none"> Commuter Connection Lunch Senior Art Exhibit Ventura County Candidates Forum <p>Do you have an event to submit to <i>the Echo</i>? E-mail date, time, location and contact information to echo@callutheran.edu</p>	
	<p>The calendar is now online! Visit CLUecho.com to see the online version of this calendar.</p>	



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FEATURES

Yam Yad reunited with CLU... and it feels so good

Courtney Minton
Staff Writer

Yam Yad is coming! Yam Yad is coming! It's been years since CLU has held the event that is Yam Yad. What is Yam Yad?

Simply put, it is May Day spelled backward. But there is more to it than reversed words.

Yam Yad is a longstanding CLU tradition that started in the 60s.

"In the 60s, student government approached the president about taking a day off of classes," said Rachel Ronning Lindgren, director of Alumni/Parent Relations. "It entailed service activities and then fun activities afterward."

In celebration of CLU's 50th anniversary, Yam Yad is back. This

year, students and alumni will come together for a day of service and fun in the sun.

"It's a great service to your alma mater," said Stine Odegard, senior coordinator for Community Service. "We'll be taking thirsty native plants out and replacing them with drought-resistant plants at six different sites on campus."

The day will begin at 9 a.m. when students and alumni will gather at the SUB for check-ins and breakfast. The first 200 people to check in will receive a free Yam Yad T-shirt.

"We have about 50 alumni and families who have signed up to join us so far to come and do service projects," Lindgren said.

"There are several alumni who will be attending who were part of the original Yam Yad."

Yam Yad can bring graduates back to CLU, said Ariel Collins, 2008 CLU alumna and administrative assistant to the annual fund. "To have them experience this old tradition that is being brought back is something that will keep them strongly tied to the university for a long time," Collins said.

There are several alumni who will be attending who were part of the original Yam Yad. Yam Yad can bring graduates back to CLU, said Ariel Collins, 2008 CLU alumna and administrative assistant to the annual fund. "To have them experience this old tradition that is being brought back is something that will keep them strongly tied to the university for a long time," Collins said.

Throughout the day, alumni and students are encouraged to stop by the CLU purple couch to share stories about the university and previous Yam Yad years.

"It's a great way to get students and alumni to share stories about the university. Since Yam Yad is a big tradition from the past, the couch will be there for alumni to recap past events," Collins said.

Around 11:30 a.m., volunteers are invited to gather at the campus pool by Afton Hall for lunch, crafts for local non profits and a pool party.

The pool is a perfect gathering place for the tradition of Yam Yad, as it was one of the first things built on campus to offer volunteers who were building the Cal

Lutheran a place to relax with their families after a long day of work.

"I hope the students and alumni think it'll be a lot of fun. It's a cool way to give back to your alma mater and make it greener in the process. And I'm sure the free T-shirt and In-N-Out won't hurt either," Odegard said.

"I think it's appealing to do community service as an alumni for your alma mater, with your kids and side-by-side with students," Lindgren said. "That's something that alumni are really drawn to."

Along with the pool party, In-N-Out will provide a free lunch for all the service volunteers who took part in the Yam Yad activities.

Digging up CLU's recycling program

Recycling bins are everywhere on campus, but where does the trash go?

Nessa Nguyen
Staff Writer

Green is in. Look around and you will see that the CLU campus is making great attempts to become more environmentally friendly.

Among these efforts is the recycling program, sponsored by Facilities and the work study program.

Before the program went into operation two years ago, the housekeeping department used to be in charge of collecting recyclable waste from trash cans around campus.

Charlene Ismay, operations manager for Facilities, came up with the idea for the program because there was a need to put more students in the work study program.

"The campus is devoted to being efficient and as Earth-friendly as possible."

Sara Delgado
Sophomore

lowers them to focus on other duties," Ismay said.

The recycling program currently employs five students, led by team supervisor Sara Delgado.

According to Delgado, the program centers around office recycling in general and faculty offices such as the Pederson Administration Building, Business Office, SBET and Soiland Humanities Center.



Photo by Robyn Poynter - Staff Photographer
Reduce, Resuse, Recycle:
Sophomore Blair Pefley recycles a plastic Arrowhead Water bottle on campus on Earth Day.

Student workers pick up the recycling on their assigned routes and dispose of it in large recycling containers on campus provided by Waste Management.

"The campus is devoted to being efficient and as Earth-friendly as possible. The program is campuswide and remains remarkably efficient," Degaldo said.

Sophomore Jonathan Diaz, who has been in the program for a year, recognizes that his job helps to reduce waste on the campus and benefits the environment as a whole.

Even though the library has been equipped with two-sided printers and many professors refrain from giving out hard copies, consumption of paper still causes a lot of waste.

"The offices produce a lot of paper and boxes, and us going around helps them to remember to recycle and not just throw the paper away," Diaz said.

Although staff and faculty have done quite a good job recycling

for offices, students are not always careful about disposing their recyclable food containers.

"[I hope they] remember that the blue bins aren't trash cans," Diaz said.

He complained that students sometimes discard leftovers, food and drinks in the recycling bins, which makes everything sticky and smelly.

As an environmental activist, sophomore Cameron Chandler practices a vegan diet with no meat, dairy, eggs, cheese or fish. He also works in the school and his home garden to grow organic produce.

Chandler's passion for protecting the planet motivates him to take even further steps in his recycling effort.

"I'm working on getting the compost bins brought back to campus; they were removed at the end of last school year," he said.

Compost bins are containers specially designed to hold organic, biodegradable materials.

Chandler expressed his confusion in the fact that Sodexo uses compostable plastic cups in the Centrum but there is no compost bin on campus.

He also remarked at the fact that many students do not recycle effectively because they are not fully informed about what is recyclable.

"Putting a sign on top of the recycle bins, telling them what they can recycle, as is done in other schools around the state would be an excellent way," Chandler said.

Going green is not a momentary fad but an ultimate effort to preserve natural resources and sustain the environment for future generations.

Although not all CLU students will practice vegetarianism or use solely organic products, they can still start recycling today.



Photo courtesy of Hasanacan Seremet - CLU
Photo Head: (from left to right) Michael Adams, Sherri Matsumoto, Cary Hanson, Ana Maria Kilpatrick, Art Miller and Ben Gallaghen

Yes, they can compost

Carly Robertson
Features Editor

Despite the gloomy weather that loomed on Earth Day, students still gathered to celebrate.

In honor of the holiday, California Lutheran University professor Jean Sandlin had her Advertising Campaigns class participate in a friendly competition to think up green-friendly ideas that could potentially be used on campus.

Five students in the class: Rebecca Dominguez, Behzad Nematzadeh, Kathryn Nichols, Chris Ramirez, Jaclyn Sunberg and Heather Taylor won and were asked to follow through with their plans.

The team decided that the project, deemed Compost Day, should be completed by Earth Day to

promote green living on the CLU campus.

The purpose of Compost Day was to raise awareness of how much trash is thrown away in the offices on campus. The group chose to focus on the Samuelson Chapel and the Riparian Building.

"To reduce office waste we simply removed the trash cans and just used recycling cans," junior Kathryn Nichols said.

Anna Maria Kilpatrick who was recently hired for a job in the Riparian Building near the Gilbert Sports and Fitness Center was one of the office participants for Compost Day.

"It was dear to me that students were running it. To know that they were a part of this was all the better," Kilpatrick said.

CAMPUS QUOTES: What is your favorite guilty pleasure reality TV show?

Tracy White



"Millionaire Matchmaker." It's funny when you have nothing else to do."

Nick Muller



"I don't know. I don't watch reality TV."

Shannon Tauge



"Tool Academy."

Jeff Valentine



"More to Love." It was like 'The Bachelor' but way more sentimental."

If you have an idea for a Campus Quotes question, e-mail it to the Echo at echo@callutheran.edu

Behind the scenes: CLU Circle of Ambassadors

Brad Hendrickson
Staff Writer

There are a group of students who were handpicked to promote a positive image of CLU to incoming students, current students, alumni and the surrounding community.

The CLU Circle of Ambassadors, according to their Web page, "are junior or senior student scholar and leader volunteers who work directly with the University's Advancement Division. They attend many special events, both on and off campus, where they meet and interact with California Lutheran University donors, donor prospects and other VIPs."

The Circle of Ambassadors was established to promote a more positive image of CLU by hosting events that both students and the public could enjoy.

These events include the Corporate Leaders Breakfast series, Kingsmen Football Tailgates and the Annual Fund Holiday Concert reception.

"The best part about being an ambassador is definitely the al-



The Circle: Back row, from left to right: Kelley Fry, Mayan White, Ben Hogue, Mari Stromsvag, Danny Liles. Front row, from left to right: Kristen Luna, Olga Garcia, Lauren Amundson. Not pictured: Katie Nichols, Sam Nelson and Erik Mathre.

ums and other important people you get to meet, that and the food!" junior ambassador Lauren Amundson said.

"You get invited to some really amazing events; it's always interesting."

The goal of these events is to

bring the community together and positively promote the image of the university to those who do not know much about it.

Along with these events, the ambassadors are given a responsibility that they must uphold.

Sam Nelson is a current am-

bassador and helps put together these events.

"My favorite event was definitely the CLU Spring Training event. I got to meet a bunch of cool alumni, saw old friends and met prospective students all

"The best part about being an Ambassador is definitely the alums and other important people you get to meet, that and the food!"

Lauren Amundson Ambassador

while watching a baseball game," Nelson said. "Plus, I got to go down to field level to take pictures of CLU President Chris Kimball when he threw out the first pitch." How does one become an ambassador?

"Well, I was recommended to apply for it and I wasn't really sure what it was at the time, but I love that I get to represent our school. I get to talk to alums, parent, and even perspective students," Amundson said.

However, a responsibility for ambassadors is to recruit future students to take their place as their graduate.

"I would definitely be interested in becoming an ambassador next year," junior Sam Bystedt said.

"I've been to a few of the events and it seems like they all really care about CLU and making it a more enjoyable place."

The rewards of the Ambassador program greatly enhance the CLU presence in the community.

According to the CLU Alumni Association Web site, student ambassadors "gain a greater understanding of CLU, improve interpersonal and conversational skills, enhance confidence when speaking and interacting with the CLU community, build professional and social contacts, sharpen leadership skills and generate pride in Cal Lutheran."

To "request an ambassador," visit <http://www.callutheran.edu/alumni/ambassadors/>



THE FASHION PLATE: A HEALTHY SERVING EACH WEEK

Nothin' says lovin' like... fresh ink



Heather Taylor

administration at my school in the process; it was a win-win situation.

I recall spending deep moments in class pondering what exactly, I would like to have etched on me forever. Each of these plans was elaborately conceived and large in scale.

A single star alone would not do, it would have to be a cluster of stars and maybe a couple of planets from the solar system with some constellations tossed in.

A rose would need to have a long, thorny vine and several other rosebuds growing in different colors.

I didn't actually go through with it, however. Tattoos require patience, time and needles to do the job. The needles put me off the idea, and so I put those angst-

ridden flowers, stars and song lyrics (yeah...) out of my mind and stuck with my dark makeup and fake nose stud instead.

These days, the tattoo is back on my mind again, but for other reasons.

One of the biggest names in the fashion industry, Chanel, has brought the tat back during their Spring 2010 runway show. Designer Karl Lagerfeld put a few temporary tattoos on his models and the trend was suddenly reborn.

Chanel's global creative director Peter Philips drew up more designs and Chanel is now selling the temporary tats in sets of five sheets for \$75 on its Web site.

The styles feature chains, rosary beads, lace, little birds and the iconic interlocking double C's.

So far, they've been fairly popular, but the reaction on the tattoos has been mixed.

Some people really like them and they've been spotted on stars like Sarah Jessica Parker at the Oscars and in the blogosphere, especially.

The ink here is taken as a fun experiment to try out in lieu of the real thing with fashionistas every-

where insisting the act is "beauty branding."

Others are crying out in horror at the thought of one of the most refined fashion houses having the audacity to bring in the tattoos.

"Coco Chanel is rolling in her grave" is one of the most frequently uttered phrases online when mentioning the temporary tats. Plus, the price of \$75 doesn't help matters for five sheets of black and white fake tattoos.

I don't find these tattoos particularly cute, but for an afternoon with friends when you don't have to go to work until Monday, they're good to try on and play with.

It's all in fun really, and trying the temporary ink gives you a better idea of what you may want to permanently etch later.

After several more years of thought, I have actually decided on what tattoo I would get; something that expresses who I am, that I'd be able to look at for years to come without shame.

I have to turn to my first crush when I was 6 years old for this one. It would be a tiny image of the Pillsbury Doughboy on my hip. Most definitely.

Give your grad a shout-out

Graduation is swiftly approaching — don't miss this opportunity to put a senior graduation announcement in the Echo! There will be a special issue in which you can congratulate your student on his or her achievement. This issue will be available at the commencement ceremony on May 15. Please e-mail your message to echo@callutheran.edu and mail checks to the office.

Here are the options:

20-30 word limit: text only, no picture: \$30
60-70 word limit and picture: \$50

100 word limit and picture: \$100
Half page ad and two pictures: \$250
Full page ad: \$500

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The buzz on Books and Brew



Photo by Nicole Chang — Staff Photographer

Book Banter: CLU President Chris Kimball discusses "Thunderstruck."

Haley de Vinney
Staff Writer

Books and Brew may sound like some witchcraft going on around campus, but in reality it is just community, books and coffee.

Members of the Thousand Oaks and the California Lutheran University community gathered to hear a lecture from Dr. Chris Kimball about Erik Larson's latest novel, "Thunderstruck."

While about half of the people in attendance had read the book, nearly all of them partook in the "brew" portion of Books and Brew.

Books and Brew is the kind of event that reconnects the CLU

Books and Brew, which is near and dear to my heart, offers a wonderful venue to talk freely about politics and history and culture."

Bryan Rasmussen
Assistant professor of English

English and coordinator for the event, spoke about what Books and Brew is and what it means to CLU.

"I think it's a valuable program, and its permanence is definitely a testament to how we value the relationship between CLU and the local community," Rasmussen said.

Books and Brew meets five or six times a semester.

The lectures are given by different CLU faculty members and previous Books and Brews have included religion professor

Sam Thomas and mathematics professor Chris Brown.

"Books and Brew, which is near and dear to my heart, offers a wonderful venue to talk freely about politics and history and culture," Rasmussen said, "and it represents our ongoing interest in making connections between scholarship and 'real life'."

Kimball expressed a desire to choose a book that was interesting to both the academic and general audiences.

"Thunderstruck" did just that by combining both history and fictional stories.

"Some of the formula of taking an individual story and a larger society story and weaving the two together is evident in 'Thunderstruck.' In this case it's linking science to murder," Kimball said.

Beverly Kelley, professor of communication, attended the event and spoke of her interest in mass communication and how it led to her attending this Books and Brew.

"I believe I went a couple of years ago, but this Books and Brew really interested me because I teach the history of media. It just appealed to me to do this. I went and read every word of the book," Kelley said.

She was also impressed by the meticulous nature of Larson's writing style.

"It was just great. [Larson] is a wonderful writer. He has a lot of details, and he's a journalist, but also at the same time you feel like you're there," Kelley said.

While several CLU students attended, Kelley expressed the thought that if more history books were written like Larson's, students would be far more interested in the subject of history.

This was the last Books and Brew for the spring semester. They will start meeting again in the fall semester.

HE SAID, SHE SAID: A LITTLE OF HIM, A LITTLE OF HER

The battle of the fast and not so furious



Antoine Adams

I am not going to brag, but I am at least a better driver than most people.

If I'm not the best, I know I'm better than a girl.

I know how to drive straight, park straight, be courteous to other drivers on the road and I stay attentive while I'm driving.

I have never seen a girl do all those things at the same time.

One can be swerving side to side while another is worried about her text message rather than the road.

There are some bad drivers out in the world, and not all of them are women. But it seems to me nine times out of 10, it's probably a woman driver not knowing she did something wrong.

Men might have to pay more for insurance but that's not because we're bad drivers. It's because we choose to have fun in the car sometimes.

To prove my point, Allie and I did our very own driving test to see who is the better driver.

From the start I thought it would be too easy, and I should have already been crowned the winner by default. But we did it anyway.

Men might have to pay more for insurance but that's not because we're bad drivers. It's because we choose to have fun in the car sometimes.

Timed parallel parking should have been an obvious win for me. Now, Allie might have parked faster than me on the second trial by five seconds. But on average I was the clear winner in timing because her first trial came with a few "oops," and she had an argument with the curb.

I could have seen this coming because I see it happen every time a girl tries to parallel park on campus.

Is it genetics or something?

We scored pretty evenly in the driving competition if you leave out hitting the traffic bumps a few times, not by me of course.

The parking between two cars portion of the test was to determine who could park straight between two cars.

I don't know why, but girls can't park straight to save their lives.

It must be one of those genetics things or their perception must be off to the left so they have more room to get out and forget about the passenger every time.

From that driving test I hold that I am the better driver than many people but especially women.



Alexandra Butler

Antoine is the most competitive person I have ever met.

In all of our adventures, he enters them with a cocky attitude and tells me he is going to win. Nevertheless, he tries to reassure me he is confident not cocky.

For this article I challenged him to a driver's test. He is probably going to write that he won, as he always does. However, in the long term I am the better driver.

I can parallel park successfully in 15 seconds. To make sure the competition was fair, two buckets filled with water were set up to leave traces of our parking inconsistencies.

I had never parked next to a bucket before and soon realized that it was not easy.

However, I tried my best because I felt as if I had to represent all women by proving we can drive.

At my first attempt parallel parking, I was too far away from the curb, and then gave up, hit the gas too hard and knocked over the buckets.

Antoine thought it was because I could not drive. However, I would like to argue that I was mad at the bucket and wanted it out of my way.

My second attempt went much more smoothly.

I noticed that I had to really sit up straight in order to see the back of my car.

This time we used our friend Roland's car as a marker along with the buckets.



Antoine Adams

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This time we used our friend Roland's car as a marker along with the buckets.

In 51 seconds I successfully parked the car. Antoine took 55 seconds. I won.

The next challenge was driving on the highway. I usually use two hands when driving on the highway because California drivers are crazy.

Case in point: one time I was cut off by someone in the fourth lane who needed to exit.

I tend to drive a little slower, because I would rather get somewhere late than get a ticket.

When exiting, we passed a cop, which only made me a worse driver. I felt I needed to be perfect and I tensed up.

But I passed the test: no one honked at me, I did not cut anyone off and we all lived!

My big downfall was parking between two cars. I wish I had an excuse, but I always park crooked. It is my lucky day if I get an empty spot

Antoine never pays enough attention when he is driving. I sometimes have to remind him where we are going or to use the brake.

to pull into. However, my wheels always stay between the lines.

I am the better driver because I am in tune with my surroundings. I don't text or drive with one hand.

Antoine never pays enough attention when he is driving. I sometimes have to remind him where we are going or to use the brake. He is also too proud to ask for directions.

Help me.



To submit a story idea, send an e-mail to echo@callutheran.edu, ATTN: features

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OPINION

Arizona Senate bill legitimizes racial profiling



Reshai
Tate

Have you watched the news lately? Read the Sunday paper or caught a segment or two of Jon Stewart's political commentary on Comedy Central?

No matter where you choose to get your news, I'm sure you've heard something about Arizona State Senate Bill SB1070.

Essentially the legalization of racial profiling of Mexican-Americans in the state, the potential passage of this bill has re-energized both sides in America's immigration debate.

On the surface, SB1070 seems to be reasonable legislation in that it calls for the "enforcement of federal immigration laws." However, under the provisions section of the bill, which describes the state's intended methods of enforcement, things get really strange.

The Los Angeles Times reported that the newly passed Arizona immigration "bill makes it a misdemeanor to lack proper immigration paperwork in Arizona. It also requires police officers, if they form a 'reasonable suspicion' that someone is an illegal immigrant, to determine the person's immigration status."

The first provision requires a "reasonable attempt to be made to determine the immigrant status of a person during any legitimate

contact made by an official or agency of the state, or a county, city, town or political subdivision if reasonable suspicion exists that the person is an alien who is unlawfully present in the U.S."

This legislation does more to divide our country than unite it and strengthen its borders.

First and foremost, what is "legitimate contact" as described in the provision and who gets to make that call? Most of us would consider a casual conversation with a fellow shopper at the market "legitimate contact," or maybe the small talk we make with servers in restaurants. Yet

none of those scenarios involving "legitimate contact" would be enough for someone to question our citizenship. That would be ridiculous. The ambiguity of that provision is simply appalling.

There are other examples of questionable enforcement methods provided in SB1070.

Provision 5 "Allows a law-enforcement officer, without a warrant, to arrest a person if the officer has probable cause to believe that the person has committed any public offense that makes the person removable from the U.S."

The underlying connector for Provisions 1, 5 and all the others is race; our way of classifying people based on superficial things such as skin color and hair texture. In reading SB1070, it was evident to

me that this bill was written with the intent of sending a group of people a message, and not the group most of us immediately think of.

Whether we choose to admit it or not, this legislation, if passed, will send a message of fear to all Hispanic people in Arizona, not just those without formal documentation.

How, you ask?

This legislation blatantly endorses relentless harassment of anyone who looks the part based on "suspicion" alone.

This legislation and other bills like it do more to divide our country than unite it and strengthen its borders. It disturbingly singles out one group of people, regardless of their citizenship, and it's wrong.

Charging for carry-ons adds stress



Erica
Larson

The skies we fly just got a little less friendly and a little more expensive.

Boarding a plane is filled with uncertainties about safety and flight delays, but grappling for overhead bin space with other people who have brought luggage on board just seems like unnecessary baggage for the modern day flyer.

Checking your luggage can be a scary thing — there is no real guarantee it will make it to your destination, and there is a chance you might never see your belongings again.

Fighting for overhead luggage space has become the norm, but the competition for compartments on airplanes may be coming to an end as Spirit Airlines will no longer allow free carry-on luggage.

Though at first the idea of ending the years of fighting for overhead space on airplanes seems brilliant, one can only wonder what this might mean for the future of air travel.

Though Spirit Airlines is a relatively small airline, with only about two dozen planes and 150 daily flights, the bigger airlines will watch closely to see if people are willing to pay for carry-on luggage.

Starting August 1, Spirit Air-

lines will begin to charge a fee to carry on a bag one way.

Spirit Airlines will allow one free personal item, like a purse or laptop, that must fit underneath a seat. Umbrellas, cameras, diaper bags, assistive devices, outer garments, car seats and strollers, reading material and food for flight will also not carry a charge, according to spiritair.com.

As for carry-ons, each passenger will only be allowed one per purchased seat. The cost will range from \$20 if you are part of Spirit Air's \$9 Fare Club to \$30 for online (non-member) phone or check-in, paid in advance. The cost at the gate to carry on a bag will be \$45. The passengers who do choose to purchase a place for their carry-on item will be allowed to board the plane first.

Though at first the idea of ending the years of fighting for overhead space on airplanes seems brilliant, one can only wonder what this might mean for the future of air travel.

Will we eventually be charged for a purse or laptop? A wallet if it's too bulky?

Will all the other airlines follow suit and also begin to limit and charge for carry-ons?

Spirit Airlines says it has reduced its lowest fares by \$40 on average and that charging for carry-on luggage will help to keep fares lower for people who do not select the option of carrying something on.

But being charged for carry-on luggage, even if it comes after a reduction in the cost of ticket fare, seems like just another stressor on a long list of travel-related worries. Though the airline seems to think the concept makes sense and dollars, passengers will be left to stew over a new set of suitcase circum-

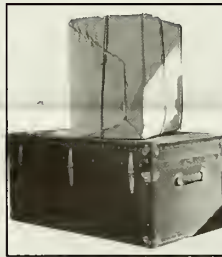


Photo courtesy of <http://www.sxc.hu/>

stances.

With all change comes an opportunity to learn something.

Perhaps being made aware of just what and how much we are packing presents a good lesson.

What qualifies as important enough to make a journey with us? Certainly a new protocol emerges when it comes to whether or not something is necessary.

By making its passengers pick and choose what is worth paying a fee to carry on, passengers must be more cognizant of the items they choose to travel with.

Perhaps the best option for many people will be to forego the comfort of having more on an airplane.

An opportunity arises for people to start making more mindful decisions of what they will need on the plane or upon arrival at their destination.

Since airlines began charging for checked bags, air travel has been more chaotic when it comes to fighting for overhead bin space.

With new charges instituted for carry-on bags, and consequently less bags being brought on board, hopefully the chaos and fighting will come to an end, beginning a new, more peaceful and less stressful chapter in air travel.

Tailgating is a family affair



Jennifer
Nechiporenko

drink as much as they like.

With the economy being so bad right now, fans want to get the most out of their entertainment experience, and if tailgating with friends and family is not part of that experience, is it really worth the cost?

A better solution to this problem would be to give citations to those who drink in the parking lots or those who are drunk in public but to let fans continue to tailgate.

Plus, not everyone who tailgates partakes in drinking. Many families bring food, play catch and hang out before games, which should still be allowed.

A group of rowdy drunks should not be able to ruin the fun for everyone, especially kids who look forward to the experience.

Baseball games are something that the whole family can do together at which many children, including myself, grew up attending games with family all summer long.

The alarming message to take from this new rule is adults lack self-control and moderation. One or two beers are not enough to make grown adults drunk and rowdy enough to need police attention.

Obviously the problem is not about the consumption of alcohol, but the over-consumption.



Photo courtesy of <http://www.sxc.hu/>

Letters to the Editor

Dear Editor:

Everyone who knows me knows I can be a pretty cynical guy at times. Heck, sarcasm is like a second language to me. I do not usually like to get into zeiteigists until I feel that the spirit behind something is genuine—hence my dissatisfaction with the concept of Earth Day.

Begun in 1970 by Sen. Gaylord Nelson (D-WI), Earth Day was inspired by the negative effects of the 1969 Santa Barbara oil spill, in which 80,000 to 100,000 barrels of oil covered the ocean, claiming the lives of over 10,000 seabirds.

Sen. Nelson was disappointed at the lack of initiative to stem the effects of this disaster from Washington. Because of this, he proposed a system of environmental teach-ins across the country that became the first Earth Day on April 22, 1970.

Forty years later, I wonder whether anyone would be able to recognize the holiday when comparing it with 1970. Earth Day has become a parody of itself; many of the entities (I say "entities" instead of "people" because corporations have begun to jump on this bandwagon) that "celebrate" it care nothing for the actual causes associated with environmentalism. Today, it is image that drives Earth Day.

Whereas Earth Day was once a beacon of environmental light in some quite dark times, today it seems to me that many people are more concerned with looking like they care, rather than genuinely caring.

Now, while this can happen both on the macro and microscopic levels, to me it is the macroscopic level, that of the corporations, that cheapens the experience the most.

For instance, if you had visited Monsanto's Web site during Earth Day last Thursday, you would have seen a large section of their home page devoted to their "initiatives" to help the environment. Imagine—Monsanto! The company is the world's leading producer of herbicides and genetically engineered seed caring about the welfare of others!

I realize that Earth Day and April Fools' Day are both in the same month, but they are not that close to each other. And to be sure, this is just one instance of the rampant corporate greenwashing that goes on.

The other aspect of Earth Day with which I am dissatisfied, is that many people use Earth Day as an excuse to justify the other 364

days of the year that they could not even be bothered to think about environmental well-being.

I realize it sounds cliché and idealistic to say this, but Earth Day should not be necessary.

To those of you who genuinely care about the future welfare of the planet, I thank you. To the rest, I ask that you treat every day as if it were Earth Day. The Earth will thank you, the flora and fauna will thank you and your children (eventually) will thank you.

Ray Ostrander
Junior, environmental science and geology major

Dear Editor:

If there is one word that describes the Anti-Counterfeiting Trade Agreement (ACTA), it is "unbalanced." Following a secretive two-year negotiation process involving the U.S., E.U. and other countries, the proposed text of ACTA has finally been released in the wake of mounting pressure for transparency.

Humanitarian and public-interest groups have expressed concern that ACTA goes far beyond the scope of counterfeiting and trade and in fact represents a substantial rewriting of domestic and international intellectual property laws at the behest of media company lobbyists.

While negotiators claim that ACTA will safeguard consumers and businesses, it has become increasingly clear that ACTA contemplates policy changes that strongly favor large media companies at the expense of internet users, tech companies and developing countries.

Doctors Without Borders and Oxfam have released reports detailing how ACTA could limit access to generic medicines in developing countries.

ACTA also creates international third-party liability for content-hosts such as YouTube without the attending protections found under U.S. law. This could expose U.S. businesses to overseas liability, as was the case in February when Italy convicted three Google employees after an offensive clip was posted on Google Videos.

Intellectual property claims have also been increasingly used to silence critics—whether corporate whistleblowers or dissident media in Kyrgyzstan. Expansive provisions in ACTA will only encourage this practice.

Contrary to negotiators' claims,

ACTA appears to not only rewrite domestic law, but to do so with minimal accountability. In a move that has drawn criticism from constitutional experts, ACTA is being framed as an "executive agreement" rather than a treaty in order to bypass the requirement for Congressional approval.

In its current state, ACTA represents an unacceptable attempt to circumvent democratic processes and established, inclusive international forums such as the World Intellectual Property Organization in favor of backroom policy-making.

Ryan Kushigemachi
Senior, political science and philosophy major

Dear Editor:

When I first heard about CLUFest, I was excited. I've been looking for ways to get my work out there and have it seen by other people. When I read that there was no limit to submissions, I thought my chances of having something end up in the exhibit were really good. In fact, I was positive that of my eight entries at least one or two would make it in.

So on the day of the opening of the exhibit, I excitedly went over with my boyfriend to see my work displayed somewhere for the first time. Fifteen minutes later, after anxiously watching the projected images rotate through a few times, I felt disappointed when I realized that not one of my images had made it in. Yet, there were other students who had multiple images.

I try to be modest about my work, but I will say that I think my photographs were at least as good as some of the others that made it in. So instead of flooding the exhibit with images from just a few students, why not try to make it more diverse? It seemed like a popularity contest to me; many of the students who were lucky enough to be featured were also students who are lucky enough to be popular. Thankfully, as a boost to my confidence, I won a photo contest online the same week.

Perhaps next year those who put together this exhibit, which is a wonderful opportunity to appreciate the many talents of our student body, should try a little harder to make this a more diverse event.

Rebekah Kliewer
Junior

Naked Chef combats obesity with healthy eating habits



Julie Randall

Obesity has become a serious problem in the United States in recent years.

According to the official Surgeon General Web site, obesity has become "the fastest-growing cause of disease and death in America."

The Web site goes on to note that nearly two out of every three Americans are overweight or obese and that one out of every eight deaths in America is caused by an illness directly related to overweight and obesity.

In response to these startling statistics and in an attempt to create entertainment in a television world dominated by reality TV, English chef and restaurateur Jamie Oliver debuted with a new show in March, which he hopes will be the antidote for the problem.

Oliver, who may be more commonly recognized as "The Naked Chef," hosts the ABC show "Jamie Oliver's Food Revolution." He is known for his show on the Food Network that includes recipes featuring fresh, whole and healthy foods.

In the first season of "Food Revolution," Oliver travels to Huntington, W.Va., which has been rated by the government as, statistically, the "unhealthiest city in America."

The show features West Virginians whose lack of healthy eating habits has become a serious concern. The attitudes of the West Virginians portrayed on the show are quite resistant.

One radio host responded to Oliver's efforts by exclaiming "we

don't want to sit around and eat lettuce all day."

The West Virginians on the show preferred their fried, fatty foods.

This was blatantly obvious after Huntington school children could not recognize or decipher fresh vegetables.

None of the students could recognize a tomato, but all knew what ketchup was.

With the rates of obesity as high as they are, it seems many other Americans possess the attitudes reflected through the show. Many don't know the extent of what their unhealthy eating is doing to their bodies.

Oliver attempted to open their eyes to the reality that obesity is killing Americans in epic proportions.

It seems that some people do not want to admit the seriousness of obesity, and this show helps get the message across in a concrete manner. Sometimes, you can hear all the statistics in the world but they don't mean anything and are forgotten in an instant.

Oliver's show portrays the scary effects of unhealthy eating in a real, relatable way.

It makes you start to look at your food choices and eating habits—Oliver's ultimate goal; he's out to revolutionize the way that Americans eat.

He is not only targeting the people of Huntington, W. Va., he is targeting the millions of Americans tuning into his show each week.

The show is entertaining, but also educational and inspiring. It could greatly change many people's lives for the better.

Jamie Oliver uncovers the disturbing truths behind obesity and gives people on the show, and America as a whole, the tools to turn their lives around and get healthy.

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SPORTS

Softball seniors close college career with a win

Regals miss playoffs, but end season strong

Andrew Adams
Staff Writer

The Regals were able to end their season on a high note over the weekend, sweeping a double-header from Pomona-Pitzer a day after splitting a double-header with Occidental.

In what was the final home game for California Lutheran University seniors Brittany Ordos, Emily Robertson, Lizzy Chacón and Nikki Campbell, the Regals were able to take the first game of a double-header with Pomona-Pitzer behind a complete game from sophomore Talia Ferrari.

Ferrari struck out nine Sagehens and helped her own cause at the plate by collecting four hits and driving in four runs.

"It was great sending the seniors out with a win, they deserved this one," coach Debby Day said.

The Regals built up an early 6-0 lead en route to a 8-6 victory in game one on Saturday. Early

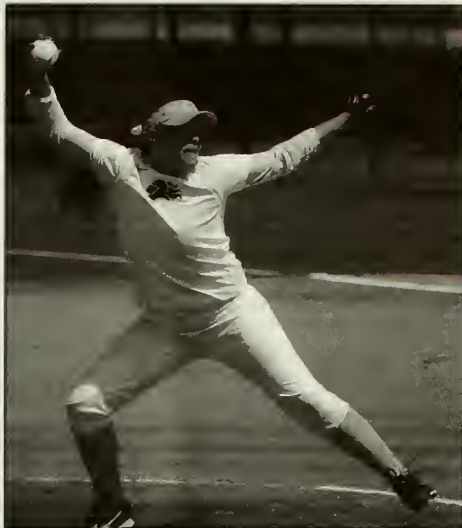


Photo by Maxx Buchanan - Staff Photographer

You're Out: Senior Lizzy Chacón notched her 300th career strikeout.

errors by the Sagehens helped contribute to the lead and the Regals were able to take advantage. Junior Lizzie Novak helped pace the offense with three hits

and scored during the Regals' three-run first inning. The Sagehens were led by the top of their lineup, who combined to go 7-10 with five runs.

Chacón was the star of the show in the second game of the double-header, pitching a complete game shutout and getting three hits and an RBI at the plate. Robertson hit a two-run home run in the fourth inning and junior Katie Strang added three hits for the Regals, who won by a score of 7-0.

"Lizzy was fantastic for us today, she really set the tone early with both her pitching and hitting," assistant coach Harry Day said.

The Regals were on the short end of a pitchers' duel in the first game on Friday, losing to Occidental 3-1. Occidental starter Shanna Yackel struck out eight Regals over seven innings while scattering five hits. Allyson Salas was the loser for California Lutheran, despite striking out six batters while walking just one.

Occidental scored three times in the sixth inning with the big blow coming on a two-run double by Alyssa Smith. They tacked on one more run on a two-out double by Ashley Noone and held on for the win after surviving a Regals rally in the bottom half of the inning.

The second game went much

better for the Regals as they defeated the Tigers 4-0 behind a strong effort from Ferrari, who struck out 10 batters and allowed only two hits over the course of her complete game shutout. The Regals scored all four of their runs in the second inning, which turned out to be all the scoring Ferrari would need.

"I had all my pitches working well today and my catcher called a great game for me," Ferrari said. "I was just happy we could get a win today."



Chacón started off the inning with a single and was able to come home on a single by Sara Lichtsinn. The big blow of the inning came one batter later when junior Megan Clow hit a three-run home run to left-center field.

The Regals were able to win four of their last five games of this season and ended the year with a record of 16-24.

COVERING ALL THE BASES:

Will they ever learn? Pro athletes test the limits of moral decency



Andrew Parrone

Rest assured, Tiger Woods, you are not alone. It seems the rest of the sporting world has decided to join in on the debauchery.

Professional athletes are always a part of the daily headlines, but far too often it's for the wrong reasons. In a sports-obsessed world, the stars of the show are making poor decisions off the field.

Call it immaturity. Call it a sense of entitlement. Call it a supreme lack of better judgment. I've heard a myriad of reasons as to why athletes continue to screw up away from the game. But they're all just excuses.

The most talked-about issue is that millions of children look up to these athletes, and it does no good to have a role model that is being thrown in jail or suspended from the league. Right or wrong, many kids idolize sports stars like gods.

Charles Barkley once said, "I am not a role model.... Just because I dunk a basketball, doesn't mean I should raise your kids." Unfortunately for Chuck, ath-

letes are given that responsibility whether they want it or not. And the bigger the superstar, the more intense the pressure is to live up to that high standard.

The biggest stories of player misbehavior in the news right now are centered on the NFL.

Commissioner Roger Goodell just handed Steelers QB Ben Roethlisberger a six-game suspension for his suspected role in a sexual assault case. As if that's not bad enough, Browns lineman Shaun Rogers is being prosecuted for attempting to carry a loaded handgun through airport security.

Goodell was right to be stern with Roethlisberger and should be equally stern with Rogers as that plays out. Even if neither is found guilty of a crime, they still acted foolishly and should suffer the consequences. After the Michael Vick and Pac-Man Jones punishments, NFL players should know not to test the limits they are given.

However, no sport is immune. The NBA just went through the whole Gilbert Arenas gun fiasco. The NHL had to deal with the embarrassment of young star Patrick Kane robbing a taxi driver last summer. DUIs and failed drug tests have become commonplace among athletes. And, of course, the whole Tiger debacle has already been talked

about ad nauseam.

There is another side to this story. There are many more athletes who are exceptional role models than bad ones, and their praises are rarely sung. But negative press tends to dominate the headlines because that's what so many people want.

Why does the press make such a big deal of it whenever an athlete makes a mistake? I'd like to think part of the reason is

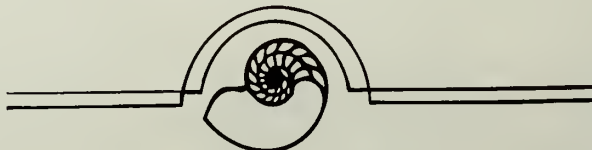
to teach athletes a lesson in the hopes they don't step out of line again. Athletes tend to be pretty perceptive of the media and also tend to have very well developed egos. It has to be embarrassing when a ton of negative news is directed at them.

Athletes also tend to get away with their mistakes more than anyone else. If you were convicted of felony gun charges, you probably wouldn't still have your

job. But if you are in the NBA, you get to keep that job and make \$20 million the following year (see Arenas, Gilbert). And the better you are, the more you can get away with.

Athletes will continue to make mistakes and screw up well into the future. That's just human nature. But with so many eyes watching them, they better know that they are going to pay if they step out of bounds.

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Kingsmen rally not enough for a win on 'Senior Day'

Early 8-0 hole proves too much to overcome

Amanda Lovett
Staff Writer

Kingsmen baseball bumped their top winning streak of the season to seven games, but fell short against Chapman this weekend with a rally score of 8-6.

Friday's game versus Whittier College started out with a nine-run first inning by the Kingsmen, leaving the Poets too far behind to have a chance in the last two innings.

In the six base hits of the first, senior Chris Hertz scored a

pair of doubles, while freshman Nick Boggan, sophomore Tom Hocutt and junior K.C. Judge provided two-run base hits. The four teammates then went 8-for-11, scoring 10 RBI.

"I felt my best play came against Whittier College on Friday," Judge said. "I reached base all four times including two singles and I just felt very relaxed and comfortable at the time."

Senior Robbie Seldon improved his pitching record to 6-2, allowing only two hits in five innings.

Whittier finally scored in the seventh inning, with a home run by Andrew Vallejo. The last two innings constituted five out of the nine hits for the Poets, including the RBI-single by Chris Hylland, which made the game

final 14-2, a four-win streak against Whittier.

Freshman Trevor Koons scored a career-high four hits and raised his average 27 points to .303 this season.

"Friday I just felt good from the start of the day and I was just having fun," Koons said. "Sunday we just ran into a really good pitcher who had a good day. We didn't play as well as we should so Sunday was rough."

Saturday's game marked the most Kingsmen strikeouts since scores have been tallied electronically. An early eight-run lead by Chapman put them ahead to a lead Cal Lutheran could not surpass.

"Today we faced a really good pitcher. We have to really tip our cap to him, he's probably

the best we have seen all year, but I just think we needed to have more quality at bats against him," Judge said. "That was the difference between today and the two previous games."

Brian Rauh, the pitcher for Chapman who succeeded in striking out so much of the team in his 8.1 innings, is regarded by the Kingsmen as great competition.

"He is the real deal," head coach Marty Slimak said. "We had a good idea about what he was going to throw. That curveball was very effective against us today."

After five innings of no runs, Cal Lutheran notched the plays into gear, scoring three in the sixth and ninth innings, putting the game at 8-6.

As this score came into play, the Kingsmen were trailing 8-3 when senior Matt Martin and Hertz scored back-to-back hits.

Judge kept the streak going with an RBI-single, followed by a sacrifice fly by senior Paul Hartmann for an 8-5 score.

Junior Richard Michelin one-hopped the wall left center to score Judge from first and brought senior Landon Smith as the potential tying run to the plate.

However, relief pitcher for the Panthers, Ben Levitt, threw a 1-2 curveball that froze Smith and curled over the strike zone to end the game at 8-6.

Back-to-back doubles and an RBI single started the game out for Chapman which did not allow Cal Lutheran to come back as strong as possible.

"Senior Day" on Sunday saw three seniors as primary starters, Chase Tigert and Greg Gilber in his first relief appearance of the year.

Senior Robbie Seldon made his record 60th career appearance, and pitched 2.1 shutout innings while the Kingsmen tried their best to rally from behind. Junior Ian Durham pitched the final five scoreless outs with only one hit.

Seven of eight seniors had playing time Sunday afternoon, as Hertz and Martin went 2-for-5, Hartmann contributed an RBI, and Smith played as a seventh inning defensive replacement.

"This weekend we didn't win the game that we really needed to, so I would say it was a disappointment," Koons said.

The games are not only the second to last SCIAAC games of the season, but record breakers for three highly ranked CLU players.

Judge was honored this past week as SCIAAC Male Athlete of the Week for his performance this season, particularly last week's games versus Redlands, where he went 10-14 in the three day series with six straight appearances.

"I feel it's a great honor to be named the SCIAAC MAOW," Judge said. "Not many people get a chance to say they were SCIAAC athletes of the week so I'm very proud of that."

On Saturday, Hartmann broke yet another record for the third time in this year for CLU's all-time hits at 193.

"Overall we did pretty well but we didn't accomplish what we needed to this weekend," Seldon said.

Kingsmen baseball (25-13, 18-8 SCIAAC) will face off with the second ranked national opponent, Pomona-Pitzer (28-8, 22-4 SCIAAC) on Friday, April 30, at 3 p.m. for the final home game of the 2010 season.



Photo by Maxx Buchanan — Staff Photographer

Groundout: Freshman Trevor Koons makes a play on a ground ball against No. 4 Chapman.

Freshman biker 'more extreme'

Christine Nguyen
Staff Writer

As one of the youngest team riders in the 4-cross mountain-biking race, freshman Blake Carney had the chance to ride in the national championship race last fall.

Not only is he a student at CLU, but outside of class he's likely practicing at a local race course.

When Carney was 5 years old, he started racing BMX with his uncle on 20-inch bikes and street bikes. At 12, he started mountain biking with his parents and realized that he enjoyed it.

"It's fun and it's something that I'm good at," Carney said. "What I focus on mountain biking is exactly like BMX, but it's more extreme."

As a sophomore in high school, Carney broke his collarbone, and two months later broke his leg. He convinced his doctor he could race, and his parents told him he should not do downhill

racing.

Carney trained hard as a 4-cross racer as an amateur and set his mind to his biggest dream: to go pro.

During the summer of 2007, Carney trained consistently and got the chance to talk to USA Cycling, the governing body for racing in the United States.

They told him if he wanted to turn pro he would need to be a top performer in upcoming races.

He won his first race after that and gained his professional title. After filling out paperwork and getting an international license to be pro, Carney realized that he had to be at an international race in two weeks.

He got the chance to see almost all of his 4-cross idols at the international race. Carney raced with them, and the mystery of being professional was gone, he said.

It just so happened he was 17 when he turned pro, and that was the minimum age to enter

the international race, making him the youngest rider there.

Carney represented the United States as one of five riders from the country for the 4-Cross races.

Placing 31st, Carney didn't care that he didn't win the top spot. He was excited that he got to meet all of his idols and that he now has friends all over the world.

"When I race, I don't think of anything," Carney said. "At the start I always get nervous, but you don't think about anything and [you] focus on getting down the first stretch and getting ahead of everybody."

After graduating, Carney wants to become a physical therapist or an athletic trainer, garnering inspiration from all the physical therapy he has received over the years.

"I've made so many friends," Carney said. "I'll definitely be around nationally once a year, and if I don't have any injuries, I'd love to race til I'm 40."

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Regals take down Poets in final home contest

Third-quarter streak helps team top Whittier

Sasha Voinovich
Staff Writer

Saturday's game versus the Whittier Poets marked the final regular season game for the Regals. CLU was able to grab a 15-10 win over the Poets at the Samuelson Aquatics Center. Saturday was also "Senior Day" where the team honored its four seniors: Lauren Bridges, Heather Bridges, Meredith Butte and Joy Cyprian.

"Out of my four years playing at Cal Lu, this year has been the best without a doubt. I have never been part of a team that has such a positive attitude and works as hard as we do," said L. Bridges, who scored four of CLU's goals on Saturday.

At the half, CLU was up 7-6, but it was in the second half when the Regals started to take a commanding lead. CLU scored two goals to each one of the Poets, outscoring them 8-4 in the second half.

"Winning by five points rarely happens in SCIAA," L. Bridges said. "It was an awesome team

effort to pull off a win like that." CLU junior Bobby Sanders and sophomores Christina Messer and Kelsey Bergemann each contributed a goal on Saturday. "We were all working hard and we all felt like a team," Messer said. "We wanted to do whatever we could to make the seniors happy because they have all done so much for us."

The CLU seniors scored 12 of the 15 goals against Whittier. In addition to L. Bridges, Butte had three goals and Cyprian ended the day with a game-high five goals for the Regals.

"This season the team consists of 18 different personalities, but I feel like that is what gives us such great chemistry," Cyprian said. "Today went well and we played like a team. Every girl in the pool today contributed in her own way, and that is what lead to our success. It was a high-intensity game and a good game to have before going into the tournament."

The Regals will play at Pomona-Pitzer this weekend, looking to repeat their SCIAA Championship victory from last year.

"From here on out, I think that mental preparation will be the most important. Our team is motivated and dedicated and we are trying to perfect our offense



Photo by Matt Michaels - Staff Photographer

Keep Away: Sophomore Claire Witten passes the ball away from Whittier in the fourth quarter of their win.

and defense," Cyprian said.

The three-day tournament will decide the SCIAA Championship and determine where the Regals will finish their post season. The team has an opportunity to play in San Diego or Wisconsin, depending on the outcome this weekend.

Upon finishing the season, some seniors shared their plans for after graduation.

"I plan to be working down at the beach as a state lifeguard and traveling whenever I get the chance," L. Bridges said.

Cyprian has a different path. She will attend the Yale School

of Nursing next year in pursuit of a career in the medical field.

"The seniors on this team are irreplaceable and show us what hard work and a great attitude can do," Messer said. "They will be truly missed, and I don't think they know how much they really mean to this team."

Regals' Leckness looks to dominate in years to come



Photo by Trace Ronning - Sports Editor

Room to Grow: Leckness will look to improve her 13-8 record next year.

Former dancer shines on the hard court

Gabriella Gomez
Staff Writer

With "Go Girl" by Pitbull playing in the background, sophomore Jordan Leckness gets herself pumped up for a big match she's about to play.

Leckness began playing tennis when she was 9 years old.

"I was a dancer as well as a tennis player, and I continued dancing for about 13 years. I was more into dancing than tennis, and I started going to ballet competitions, but since both my parents worked it was too much travel required to continue competitively," Leckness said. "I started competing in tennis tournaments when I was about 14. I had to make the decision of whether to be on the dance team or tennis team in high school."

Leckness' decision to stick with tennis was made largely based on a childhood friend.

"My best friend was a big influence in my decision to play tennis since she had grown up playing and we wanted to be on the tennis team together," she said.

She realized her passion for the sport when she won her first tournament at the USTA Junior Satellite Competition tournament in Riverside, Calif.

"It had been a goal of mine for

a while and when I finally succeeded, I was very excited," she said.

Before she won the tournament, she visualized winning her first trophy before, after and during each match.

"It was an extra boost of motivation to get me through each match. After I won, I felt so accomplished," Leckness said.

Leckness went to Tesoro High



School in Orange County. She aimed high and trained hard during the summer before her freshman year at Tesoro.

All of her hard work in the previous years and especially that summer before paid off when she made varsity her freshman year. She ended her high school career as the varsity captain.

"One of my biggest moments in my tennis career was when I made varsity my freshman year in high school — it was a huge deal, and it was so fun being on the team with my best friend" Leckness said.

At a recent tournament at Mills College in Oakland, Calif., Leckness partnered with sophomore Holly Beaman to play doubles against two elderly women.

"When the team arrived we

saw four girls warming up, and two [older] women. We were looking around trying to find the rest of their team until we realized that the [older] women were part of the team," Leckness said.

Though they were older, the women were competitive and didn't allow Leckness and Beaman an easy win.

"Holly and I ended up having to play them in doubles and they were feisty," Leckness said.

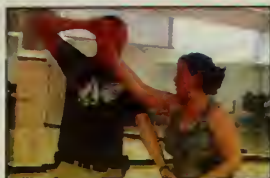
However, the age of the women did not stop Leckness and Beaman from driving home a win.

"We started fighting over a ball that we called out and they disagreed. They both charged the net like they were ready to attack us. The next few points the [older] ladies were just aiming for us trying to smack us with every shot. Too bad it didn't work and we beat them," she said.

The sophomore has continued to be a strong competitor for Cal Lutheran, and the women's tennis team finishing the season fifth in SCIAA with an overall record of 11-8.

Leckness competed in the Ojai Tournament, April 22-25, and was taken out by Verena Preikschat of Cal State University, Sacramento, in the second round. Leckness' doubles partner Beaman also was ousted in the second round.

No Regal made it past the second round in the field of 64 competitors.



LASO's
Encuentros
Week
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Senior art
majors
showcase
work
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Regals track
and field
takes second
at SCIAACs
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the Echo

May 5, 2010 Vol. 55 Number 11

CLUecho.com



Photo by Jenny Guy - Staff Reporter
Dig, Baby, Dig: (left) CLU students plant
drought tolerant plants outside of Rasmussen
Hall as a part of Yam Yad.

Photo courtesy of Matt Lee - Community Service
Center

Dig In: (below) Volunteers enjoyed a free
lunch from In-N-Out.



Photo by Matt Michaels - Staff Photographer

Splash: Yam Yad participants play in Grace pool after they spent the morning completing the service project.

Some traditions never die

Yam Yad brought back in celebration of 50th anniversary

Jenny Guy
Staff Writer

CLU decided to bring back the tradition of Yam Yad on May 1, to commemorate the university's 50th anniversary.

Yam Yad, May Day spelled backward, was a service day founded in the 1970s, according to Stine Odegard, senior coordinator for Community Service at California Lutheran University.

"This event used to be a really big hit, so we thought it would be a great idea to bring it back for CLU's 50th anniversary," Odegard said.

The Yam Yad revival had approximately 200 participants, consisting of alumni, administrators, faculty, staff and students, including freshman Nathan Chambers.

"I've always loved doing community

service, and I think there is no better way to help out the school than to contribute your time making it more beautiful," he said. "I thought it was pretty cool that I was able to improve the look of [Rasmussen Hall], where I will be living in next year."

Working together was the main theme of Yam Yad.

"I think it's a great thing to get students and alumni serving together, giving back to their alma mater," Odegard said.

CLU not only got new landscaping, but the plants that were planted as a part of Yam Yad will also help with water conservation.

"We have been planting flowers and plants around campus that are drought tolerant, meaning they will save CLU about 33 percent of its water usage," said junior Kristin White, a student leader for Yam Yad [See YAM YAD, Page 2]

This week online at CLUecho.com

News

- Photos from the new Admission and Financial Aid Building
- Spend your summer at CLU
- Senate allocates \$27,000

Sports

- Water Polo plays in D3 Championship Thursday
- Baseball waits to see if they receive postseason bid

Features

- What does "organic" mean?
- The last serving of Heather Taylor's Fashion Plate
- He Said, She Said, goes for a spin

Opinion

- Read Caitlin Coomber's award winning article "What's the beef at Cal Poly?"
- Poll: new "Twilight" movie

Research of all kinds at Festival

Gannon Smith
Staff Writer

Over the past week, many events were held for the Festival of Scholars put on by the Office for Undergraduate Research.

The festival kicked off Friday, April 23, with California Lutheran University students and faculty performing musical compositions by Libby Larsen and ended Saturday, May 1, with Amanda Wallace and Kelly Derouin's theatre arts senior recital.

For many students, it was a

chance to present their capstone project or experiments that they conducted.

The presentations ranged from musical performances to posters displaying student's internships.

One session of presentations involved CLU students who received travel grants to attend regional and national conferences to present their research to other scholars.

One presenter at that session, senior Joy Cyprian, traveled to the Southwest Regional Meeting for the American College of Sports

Medicine in San Diego with four other CLU undergraduate students.

"It was extremely flattering on many levels to be an undergrad student and justify my research to a Ph.D. student," Cyprian said.

Another event featured during Festival of Scholars was the HD cinema class's presentation of their projects.

Five of the students presented some of the work that they have put into to create the movie "Robox."

[See FESTIVAL, Page 3]

NEWS

IN BRIEF

Echo wins award

Sophomore Caitlin Coomber, was awarded second place in editorial writing at the Society of Professional Journalists' Mark of Excellence Awards on Saturday, May 1.

Coomber was an opinion writer for the paper last semester and is currently serving as the opinion editor. Originally from Murrieta, Calif., she is a double major in communication and political science.

The State Press Editorial Board from Arizona State University earned first place and Kelly Fitzpatrick of The Daily Californian at University of California, Berkeley came in third in the four-year university division.

Entrants came from schools all over Region 11, including UCLA, USC, ASU, Berkeley, Stanford and many others.

Coomber's award is the first award that the Echo has won from SPJ.

"I want the Echo to be something that students can take pride in and be representative of the strong Communication program," Coomber said.

"It is awards like this that help us achieve recognition in the competitive student journalism community."

To read Coomber's winning editorial, check out the opinion section of CLUEcho.com

Study abroad pre-departure dinner

The study abroad center is hosting its largest pre-departure dinner on Wednesday, May 5.

The dinner helps students prepare for going abroad, interact with students who have gone abroad in the past and offers helpful tips for living while abroad.

Full coverage is available online at CLUEcho.com.

Encuentros week celebrates Latino culture

Jackie Rodriguez
Staff Writer

Pupusas, immigration, a bilingual chapel, salsa lessons and a piñata.

All of these things can only mean one thing: Encuentros Week at CLU.

During Monday, March 26, through Thursday, March 29, the Latin American Student Organization (LASO) hosted its traditional celebration full of events known as Encuentros Week.

"Encuentros week is the week LASO dedicates to sharing Latin culture, tradition and important issues with the California Lutheran University community," LASO President Yeraldy Torres said.

The weeklong festivities began on Monday with a celebration of Salvadorian culture with the traditional meal of pupusas and

the showing of the movie "Voces Inocentes," or "Innocent Voices."

According to Torres, the movie was chosen to draw attention to the civil war in El Salvador.

On the second night, members from Ventura County Clergy and Laity United for Economic Justice (VC Clue) gave a talk about the New Sanctuary Movement and immigration information.

In addition, members from LASO shared stories from William Perez's book, "We Are Americans: Undocumented Students Pursuing the American Dream."

The decision to include the discussion of social events was based on LASO's goal to highlight and discuss topics that are not normally discussed on campus.

"LASO prides itself in putting together social events where Latin students and friends can come together to share tradition and culture, but it is important

to bring these topics out into the open, especially when they are hardly ever brought up around campus at CLU," Torres said.

On Wednesday, March 28, LASO hosted chapel and in the evening hosted salsa lessons in Gilbert Sports and Fitness Center.

The chapel service had readings in both English and Spanish.

"Being part of chapel was a great experience, and it was great to be able to infuse some of our culture into one of the school traditions," said Kristen Luna, LASO secretary.

The weeklong festivities concluded with one of LASO's long-time traditions of a fiesta outside of Grace Hall.

The fiesta consisted of raffle prizes including DVDs and a Snuggie as well as food catered by Tres Amigos. The fiesta concluded with a piñata.

This event appears to be a favorite among CLU students. Many people outside of LASO also attended, according to Luna.

Overall, the weeklong events were intended to promote fun and awareness about other cultures.

"I think Encuentros week is a time when students can explore and learn about different Latin American cultures," junior Vanessa Lara said.

Some students feel that Encuentros week can help teach students about other cultures, even if students only attend an event or two.

"There are so many fun and interesting things students can learn about other cultures just by attending one multicultural event," Lara said.

Other students hope that the weeklong events add diversity to CLU itself.

"Encuentros week is important to the diversity of CLU," Luna said. "It is a week full of events that spread awareness of our culture and welcome others to participate in events outside of their culture."

Old tradition, new start

[YAM YAD, from Page 1]

who was helping facilitate the event.

Staff members, such as Valerie Crooks, senior project manager of Facilities Operations & Planning, was also greatly appreciative of the work being done.

"They are doing such a wonderful job here," Crooks said. "I'm just impressed with the way they are dealing with the roots and the heavy digging, and they are just so cheerful about it. I hope it will be an annual event because it will certainly do a lot to improve the campus if this happens every year."

After spending the morning doing service projects around campus, Yam Yad gave volunteers a chance to relax.

"We have a pool party and

a lunch from In-N-Out for everyone who served this morning," said Amanda Whealon, coordinator for Student Leadership and Programs, referring to the Grace pool and the large In-N-Out truck, which was parked outside of Mogen with free food for volunteers.

Different lawn games and crafts, a root beer keg and other fun activities were also planned, Whealon said.

"There are a lot of great activities, but my favorite part of today has been digging holes, but, not only that, digging holes with people I know, which is always fun," junior Daniel Pell said. "Honestly, I would love to see this happen every year, so I hope we can bring this tradition back to what it used to be."

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Symbol of excellence, KCLU takes home seven Murrow awards

Alyssa Harris
Staff Writer

Lucy No. 7.
KCLU, the NPR radio station affiliated with California Lutheran University, won seven Regional Edward R. Murrow Awards for journalistic excellence on April 21.

KCLU's seven awards marked the highest number of awards won by any small station covering California, Hawaii, Nevada and Guam, and the most the station has won in a single year.

Since 2001, KCLU had been awarded 18 Murrow Awards.

"The awards that KCLU were awarded are significant because it represents broadcasting excellence," said Mary Olson, KCLU's general manager. "[Murrow] awards are the way that KCLU's work is validated and recognized."

John North, a retired Los Angeles reporter who produces special projects for KCLU, won

"We weren't doing stories to win awards, we were doing them to cover the community"



— Lance Orozco
News Director at KCLU

"Audio Investigative Reporting" and "Audio News Documentary" awards for his documentary "Not in My Backyard."

"Not in My Backyard" examined California's laws regulating paroled sex offenders.

According to a CLU press release, "KCLU's mission is to provide comprehensive local and national public radio programming. These awards bring notoriety to the station for not only covering local and community news, but that they

are committed to covering it in the highest journalistic approach."

The Murrow Awards are named after famed broadcast journalist Edward R. Murrow, who worked for CBS.

Murrow began to gain recognition for his broadcasts during World War II, according to pbs.org.

Entries are entered by geographic region then judged by diverse panel of judges from around the country.

"These awards are different," Olson said, "because they are judged by other journalists, and they judge your piece to be the best in the category."

Entries that win regional awards are automatically submitted for consideration of a national Murrow Award.

The Radio Television Digital News Association Board of Directors will select the national Edward R. Murrow Award winners from among the regional finalists.

"We cover things that are important for the community. We weren't doing stories to win awards; we were doing them to cover the community," said Lance Orozco, KCLU news director. "We would like to think the Murrow Awards are a reflection of what we do."

Orozco won awards for "Audio

Continuing Coverage," for his coverage of the Guiberson brushfire, "Audio News Coverage," for KCLU's Arts and Entertainment Reports, "Audio Sports Reporting" and for "Use of Sound."

KCLU went on air in 1994 and has provided local and community news. It now reaches over 80,000 listeners in Ventura and Santa Barbara counties and online.

"The Edward R. Murrow Awards reflect that we have such great influences right here on campus, which can inspire and help me for my future career in broadcasting," junior communication major Allison Mehnert said.

Weeklong event highlights work

[FESTIVAL, from Page 1]

"Avatar" was a big inspiration for our movie," said sophomore Scott Beady, the director of "Robox."

"We are incorporating CG into live action portions. It should turn out really cool."

Another presentation was given by senior Kevin Holt, presenting his capstone to peers and faculty including CLU President Chris Kimball regarding the prevalence of cyber-bullying.

During the presentation, he gave this example to demonstrate face-to-face and computer-mediated communication.

"Dr. Kimball, if I was to call you stupid, face-to-face, then you would know that I was joking," Holt said, "but if I was to text you, 'you are stupid' then you could probably say, 'I know Kevin, he is probably joking,' but, most likely not. I can't really know what your reaction will be, and you won't know if I am joking."

Many other projects were presented at poster sessions.

Overton Hall was filled with exhibits all week long.

The students who gave senior recitals included: Evan

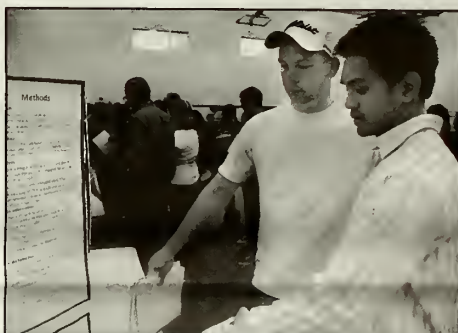


Photo by Maxx Buchanan - Staff Photographer

Listen and Learn: Senior Malcolm Mostoles (right) explains his project "Existence and Reliability of the Heart Rate Threshold as an Indicator of the Anaerobic Threshold" to senior Josh Oosterhoff at the Festival of Scholars, last week in the Soiland Recreation Center.

Sponseller (composition), Wyndi May (flute), Daniel Liles (composition), Amanda Wallace and Kelly Derouin (theater arts).

There were also two junior recitals by pairs Katie Bode and Janna Wilhelm and Kayla Bailey and Skyler Butenshon.

Along with the presentations of undergraduate students, there were graduate research symposiums and other panels.

In the graduate research symposium, many speakers presented research about education, such as Viva B. Tomlin, M.A., 2009, whose research was on empowering deaf and hard-of-hearing English language learners in reading fluency development.

Festival of Scholars allowed CLU students to present their research that they had completed.

CLU cracking down on credit transfers

Courtney Batista
Staff Writer

CLU's Registrar's office helps make students aware of new programs and informs them on how to go about transferring credits.

The office is becoming more strict about enforcing rules on what classes can be substituted for California Lutheran University credit.

Christy Sutphen, student records evaluator in the Registrar's office, is trying to avoid the hassle students have when they decide to take credits at another school.

"We are hoping by enforcing these rules that students will be more encouraged to take classes on campus instead of looking elsewhere," she said.

Beginning this summer, CLU will help provide financial aid to selective students who are interested in taking summer courses here.

It will give students who don't necessarily have the money to pay for summer classes an alternative.

A student is allowed to transfer up to 70 credits from a community college until they get to their last 40 credits before graduating.

Once they get into those 40 credits, they can only transfer up to 10 of those credits.

This process can be difficult if a student does not know the proper steps to take. First off, a student needs to pick up a transfer approval form from the Registrar's office.

On the form, he or she needs a signature from the department chair of his or her major and then

he or she needs to indicate what class the replacement is for.

Once the form is filled out, a student turns it in and waits to hear if the class is approved.

Most students make the mistake of not getting the classes approved before taking them and then get frustrated that they did not know the class had to be approved.

In a few years, the Registrar's office hopes to implement a plan where one can't transfer credits unless it's pre-approved.

The fall 2009 semester was the first semester for the 4-to-Finish Program.

This program gives incoming students the guarantee that he or she will graduate in four years. If unable receive a diploma within this time, CLU will cover the cost of the additional semesters.

Students need to sign up their first year for the program in order to qualify.

"This program will definitely show students that they should be able to graduate on time. It will also be a great way to recruit new students," Sutphen said.

CLU is one of the few colleges to implement this program.

"I'm glad CLU decided to get a program like this. It will make students feel more secure when they can come in knowing they will be out in four years," junior Kelsey Licastro said.

CLU is dedicated to making sure its students get the classes they need in the amount of time they deserve.

"We want students to know that we are here to help," Sutphen said. "We want them to graduate on time and inform them that CLU has the resources to help them do that."

Psi Chi announces new members

Nathaniel Fernandez
Special to the Echo

On April 29, Psi Chi, the International Honors Society in Psychology, inducted 16 new members at its annual induction ceremony as part of the 2010 Festival of Scholars.

The ceremony was attended by Provost and Vice President of Academic Affairs, Leanne Neilson, Dean of the College of Arts and Sciences, Joan Griffin and both undergraduate and graduate psychology faculty.

Psi Chi was created in 1929 with the goal of encouraging, stimulating and maintaining excellence in scholarship and advancing the science of

psychology. Today Psi Chi has over 1,090 chapters around the world. California Lutheran University's chapter was started in 1992.

All inducted members are required to have a minimum GPA of 3.0, a psychology GPA of 3.60 and complete three semesters of college, including at least 12 credits of psychology classes for undergraduate inductees or at least six courses for graduate inductees.

The inductees for 2010 are: Lucy Cancino, Melisa Esquivel, Danielle Harms, Michelle Quinto Marasigan, Kaitlyn Masai, Miranda Sager, Rajima Danish, Sonia Estrada, Jessica E. Gardner, Corrin Hoglund,

Cynthia J. Homel, Richard Hupp, Kristen Royce, Rosa-Maria Lazarovits, Gladys Manrique, Caroline Marrujo and Elizabeth L. Rockwell.

Psi Chi faculty adviser Dr. Rainer Diriwächter officially welcomed the inductees into the society with the formal words of induction and a candle-lighting ceremony.

Diriwächter also presented Robert Duff, two-term former president of the society, with a special certificate of gratitude for his hard work.

The new officers for the Psi Chi for the 2010-2011 school year are: Nathaniel Fernandez, president; Patricia Jordan, vice president; and Lucy Cancino, secretary and treasurer.

CALENDAR

<div>Wednesday</div> <div>May 5</div> <div><ul style="list-style-type: none">University Chapel: Gardens Tell Stories 10:10 a.m. Samuelson ChapelCommuter Connection Lunch 11:30 a.m. SUBCommon Ground: Miguel Tenorio 9:11 p.m. Samuelson Chapel</div>	<div>Thursday</div> <div>May 6</div> <div><ul style="list-style-type: none">Senior Art Exhibit Kwan Fong Gallery</div>	<div>Friday</div> <div>May 7</div> <div><ul style="list-style-type: none">Senior Art Exhibit Kwan Fong GalleryVentura County Candidates Forum 5 p.m. Oxnard Campus</div>
<div>Saturday</div> <div>May 8</div> <div><p><i>"He who devotes sixteen hours a day to hard study may become at sixty as wise as he thought himself at twenty."</i> ~ Mary Wilson Little</p></div>	<div>Sunday</div> <div>May 9</div> <div><ul style="list-style-type: none">Senior Art Exhibit Kwan Fong GalleryLord of Life Worship 6:15 p.m. Samuelson Chapel</div>	<div>Monday</div> <div>May 10</div> <div><ul style="list-style-type: none">Senior Art Exhibit Kwan Fong GalleryCultural Psychology Symposium 2010 10:30 a.m. Nygreen 4</div>
<div>Tuesday</div> <div>May 11</div> <div><ul style="list-style-type: none">Senior Art Exhibit Kwan Fong GalleryQuiet Study Break 6 p.m. Samuelson Chapel</div>	<div>Next Week: May 12 - May 18</div> <div><ul style="list-style-type: none">FinalsGraduate CommencementUndergraduate Commencement</div> <div>The calendar is now online! Visit CLUecho.com to see the online version of this calendar.</div> <div>Do you have an event to submit to the Echo? E-mail date, time, location and contact information to echo@callutheran.edu</div>	




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FEATURES

Mexican Art Exhibit helps celebrate Encuentros week

Lauren Puopolo
Staff Writer

This past Tuesday, April 27, the reception for the Mexican Art Exhibit took place in the foyer of the Preus-Brandt Forum.

The exhibit was sponsored by CLU's Multicultural and International programs, Latin American Student Organization (LASO) and Mexican Consulate.

It featured the works of five artists, which included 25 paintings and four sculptors. The styles varied from contemporary to historical.

All of the artists on display are currently residents of Mexico City, whose education and training have encouraged them to produce art that reflects Mexican traditions and values.

"The artists developed their art with the help of novels to inspire them. We would read a book and then try and capture a specific scene that spoke to us," artist Carmen Chami said.

According to Chami, every painting was done in an old Mexican mastered technique, which she refers to as "Baroque painting."

Carmen Chami
Featured Artist

Baroque denotes a time period established in Mexico in the 17th century by the paintings of Spanish immigrant Sebastián López de Arteaga.

The style is characterized by dramatic figures, deep colors and in-



Photo by Matt Michaels - Staff Photographer
'New Mexican Family': Observers huddle in the foyer of the Preus-Brandt Forum to enjoy works from emerging Mexican artists.

tense contrast between light and shadows.

Besides being Baroque, Chami adds that she would also describe her art as "100 percent figurative."

One painting called "New Mexican Family," according to Chami, tells a story about a family consisting of a grandmother, a mother and a child.

The blank picture frame in the painting is said to symbolize the absence of the male influence and the power of the women's role in a Mexican family.

Also on display was artwork that illustrated popular books such as "Siddhartha."

During the event, Chami walked around to each painting, describing the different pieces of work and some background information of the artists who painted them.

Jonnel Johnson, a senior biology major at CLU, described the art as exquisite and wonderful.

"Each painting really captured the meaning of a story behind it,"

Johnson said.

"It was also interesting to hear the background history of each painter from Carmen. She really described the art in a way that made it come to life."

According to Michael Pearce, chair of the art department, Mexican art is very similar to art that is done in the U.S.

"The art is impressive," sophomore Elliott Ness said. "I wish it could be on display longer."

The art exhibit was part of the Encuentros festival, a week-long celebration that included a Peruvian/Salvadorian night, a special chapel service and a salsa dance night.

The artworks were on display for only a short period of time so they can continue to travel all throughout the United States and Canada.

The art exhibit ended this past Friday, April 30. Pearce said he would love to exhibit similar Mexican art in the Kwan Fong Gallery in the future.

Senior Banquet is a social send off for future graduates

Courtney Minton
Staff Writer

Graduation is upon us. For seniors this means filling out last-minute paperwork and studying for their last college finals.

The Senior Banquet is the last chance for the senior class to be together in a social setting before graduation day.

Each year, this event is put on by the Senior Pride Committee. This year, the night of celebration took place at Bogie's on April 29.

In the past, the Senior Banquet was usually a dinner held on campus. This year, the event was a reception with heavy appetizers.

Seniors were greeted outside the Westlake Village bar and lounge by fellow classmates then urged to venture out onto the patio, which had hors d'oeuvres, candlelit tables and a fireplace.

Throughout the night, seniors meandered from table to table, socializing with their classmates. Pictures were taken as they sat around recalling their favorite memories of Cal Lutheran.

"At the reception, students were able to do what they have always done; celebrate and catch up with their fellow classmates," Whealon said.

Bogie's provided CLU seniors over the age of 21 the opportunity to buy drinks and enjoy the evening.

"The senior events are always enjoyable, especially if there is alcohol," senior Cara Suarez said.

The evening provided a way for the senior class to honor their fellow classmates as well as their

professor by previously voting on Senior of the Year and Professor of the Year.

"The Seniors [were] all sent an e-mail with a link to take a short survey where they [could] nominate the Senior of the Year and Professor of the Year," Whealon said. "They [were] 100 percent chosen by the senior class."

The 2010 Senior of the Year title was awarded in a tie to Kevin Holt and Reshai Tate. The Professor of the Year award went to communication professor Dr. Sharon Docter. Leader of the Year was also selected, and the honor went to Elsa Perez.

Students also took the time to make donations toward this year's senior gift. The gift from the class of 2010 is the restoration of a fire truck donated by William Rolland, the same man who donated the money for CLU's new football stadium.

"It's different from a normal senior gift," senior Beth Peters-Berry said. "But it's pretty cool and will be used at events like Homecoming."

These seniors are just over a week away from graduation. This time is filled with tedious assignments and last minute preparations. The senior banquet is a way to help them unwind from the stresses of college.

"It's great to be able to spend one last night with all of my classmates," Suarez said. "There are some people here that I haven't had classes with since freshman year, and it is great to catch up with everyone before we all go our separate ways."

Doctorate recipients announced

Nessa Nguyen
Staff Writer



Patricia Paulucci

Philanthropists Patricia Paulucci and William Rolland were recently named recipients of honorary doctorates of law by California Lutheran University. The two will be receiving the degrees during the Undergraduate Commencement Ceremony on May 15.

William Rolland

Paulucci, along with her husband Joe, has been a proud owner of PTS Furniture in Thousand Oaks for 27 years. She has actively taken up many leadership roles in the community by serving on various volunteer boards.

For more than two decades, Paulucci has helped out as a caretaker at the United Cerebral

Palsy home in Westlake Village, Calif. She was named Volunteer of the Year by the Conejo Valley Chamber of Commerce for her efforts.

In 2005, she chaired an annual fundraising event for Senior Concerns, a non-profit organization dedicated to improving the life of senior citizens, and she helped to raise \$115,000.

Paulucci became a great benefactor of KCLU in 2007 when she and her husband donated a large sum of money to construct a multi-million dollar facility for the radio station.

Like Paulucci, Rolland has also been a major patron of his cause.

In his 17-year career as a firefighter, Rolland's most heroic effort occurred when he partook in a mudslide rescue in the Hollywood Hills. He was awarded the Medal of Valor by the Los Angeles Fire Department and has since retired due to injuries.

Although Rolland has moved on to achieving great success

[See RECIPIENTS, Page 7]

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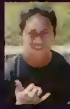
CAMPUS QUOTES: What are you most looking forward to this summer?

Molly Nowles



"Going to Italy with the CLU Choir for tour."

Josh Aquinde



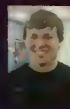
"Going back home to Hawaii."

Jessica Plowden



"Traveling and hanging out with friends."

Jesse McClain



"Staying on campus. I'm an RA."

If you have an idea for a Campus Quotes question, e-mail it to the Echo at echo@callutheran.edu

Behind the Scenes: Information Systems and Services

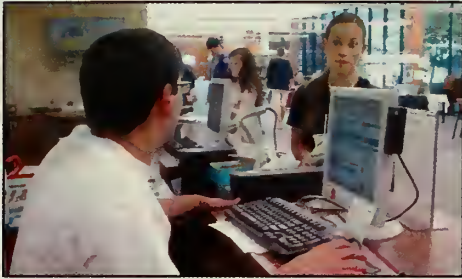


Photo by Nicole Chang - Staff Photographer

Get By With A Little Help: Junior Elizabeth Bridge gets help from ISS.

Brad Hendrickson
Staff Writer

Students who attend CLU have all seen teachers struggle with overhead projectors in class, used computers in the library or needed help trouble shooting their e-mail.

All of these services, and many others, are possible because of the Information Systems and Services (ISS).

ISS' mission is "to deliver and support high quality research and information technology

tools for the CLU community."

The department provides services to students that can go unnoticed. It consists of the Administrative Information Systems (AIS), the Center for Teaching and Learning, Circulation Services, the Computer Help Desk, Interlibrary Loan (ILL), Media Services, Information Commons, Telecommunications and Computer Training.

Communication professor Kelley has had plenty of experience with the ISS department.

"I am very pleased with the service. Since I have a Mac, the person who answers the phone can't always help me out but there is somebody on staff who specializes and I've always gotten my problem resolved," she said.

Director of Client Services Sue Bauer is one of the minds behind ISS.

"We are a service organization and one of our major roles is to see that ISS services, both library and technology, are delivered in a timely, seamless manner so our clients receive excellent service," Bauer said.

"There have been many times that the ISS has helped fix my e-mail and download virus software for my computer."
Alana Boyd
Sophomore

According to its Web site, one of its goals is to "enhance teaching and learning through appropriate and innovative uses of technology."

The department also provides

educational services to spread the use of technology among students and faculty.

Freshman Joey Glass has used the ISS services many times.

"They are such a useful service on campus. Being a freshman, I've needed a lot of help with Blackboard," Glass said.

To expand the department, another goal of ISS is to "increase recognition of CLU's use of technology by maintaining a competitive advantage to help attract and retain quality students, faculty and staff."

According to Bauer, it is important to orient university employees so that they can better serve students.

"When a new employee comes on board, we offer a one-on-one, personal computer desktop orientation," she said.

Sophomore Alana Boyd expressed her gratitude toward ISS.

"There have been many times that the ISS has helped fix my e-mail and download virus software for my computer," she said.

The ISS department plans for CLU, such as a new public storage server, monitoring systems changes and update disaster recovery plans for Datatel, the library and network services.

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THE FASHION PLATE: A HEALTHY SERVING EACH WEEK

Despite your age, you wear it well



Heather Taylor

As I rode home with one of my closest friends one night, our conversation slipped quickly into the world of fashion.

Like me, she was deeply concerned for the generation surrounding us, the one with the denim cut-off miniskirts, fur-lined Uggs and "Jersey Shore" Snooki hair-puffs becoming the norm.

"I feel like people aren't dressing for themselves anymore," she said. "I feel like they're dressing to be trendy. I don't want to be a part of that, and I like the clothes from eras like the 1940s, but I really don't think I can pull off that look."

A sense of quiet sadness filled me when she said this.

I know I'm not alone when I say I wish I had been born during a different decade or another century.

When I was in third grade, I was fascinated with the look of the early 1900s Victorian society.

My hero was Samantha Parkinson of the "American Girl" series. I read all of her books and studied the fashion notes background section in the back of the novels. The starter kit included little white gloves, lace parasols, corsets and hoop skirts.

In grade school, we were told to make an outline of what we believed our future would be like. My future, I happily informed my teacher, would have me dressed in petticoats in my day to day life.

She tore my paper apart for

writing that. It was impractical to dream of being Mary Lennox from "The Secret Garden" and unrealistic to expect that I could dress like that.

Though I was deeply crushed to read such a remark, it burned a fire inside of me. I would not be told if I could or could not wear something ever again. I'd take impracticality over ordinary any day of the week.

If forced to conform to ordinary (i.e. school uniforms), I would spin it so that my sense of self shined through.

I've been through a series of clothing phases ever since. My closet back home is a testament to this fact.

There was a period of time in which I didn't dress for myself. Luckily, this period of time was one with Dooney & Bourke handbags and Le Tigre polo shirts, the way most of my high school looked on a casual uniform-less Friday.

This was before the time where dressing with leggings as a substitute for pants and Ed Hardy apparel became the unfortunate trend to don in public. This time was very much the same as now in the sense that I forgot about dressing for myself and got lost in the trend of being like everyone else.

I went back to finding myself, with some assistance along the way. I made collages of looks I liked and placed them on a bulletin board in my room. I paid attention to details and carefully noted what I looked for in a complete ensemble.

I also watched movies, listened to various songwriters and stared at photos to better figure out what I liked and the common

theme behind these outfits.

Throughout this experience I've discovered if you want to look or dress in a certain way inspired by another era or a person, you need to do it. You can do it!

Naturally, you'll get people who don't want you to or like what you're doing. If you happen to be reaching into the discount bin for an unflattering blouse just because it is on sale, I'd listen to them. Don't do it.

If you see somebody wearing an interesting pair of shoes and think "I'd like to try that," but are surrounded by others who say that you can't pull off such a look, defend yourself and try out that pair of shoes. The confidence you get wearing them is just as key as the fit.

There will always be someone who doesn't agree with your chosen aesthetic. This is normal. However, you should never surround yourself with individuals who constantly critique how you dress or put down that style.

There will be haters to the left, but a true friend will accept you for who you are, no matter how you're styled.

In a shortened version of the above mentioned paragraphs, this is what I told my friend in the car last night. She's already a really fantastic dresser, in my opinion, but everyone deserves to be encouraged with what they want to wear and how they would like to dress.

Consider me your personal cheerleader in this sense. I may not know you personally, but I'll support you in whatever clothing phase you choose. All except for the "Jersey Shore" stuff.

Just back away now, and no one gets hurt.

the Echo
2009-2010

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Seniors' art work is their 'Lifeline'



Photo by Robyn Poynter - Staff Photographer
Curtain Call: Art professor Larkin Higgins and senior Briseida Favela admire a student's last piece at CLU in the Kwan Fong Gallery.

Haley de Vinney
Staff Writer

Works of up-and-coming artists are now being presented to the public in the Kwan Fong Gallery.

The Senior Art Exhibit "Lifelines" is held to celebrate the works of graduating art majors in the capstone class. A jury of art professors had handpicked them from submitted works.

A reception for the exhibit was held Saturday, May 1, in the Kwan Fong Gallery at California Lutheran University.

The artwork submitted varies in media including solar etching, scratchboard, woodblock print, plaster cast and photo emulsion.

[[**[Students] think about their strengths and weaknesses with their artwork and their techniques and they think about what they really want to do with their art majors."**

Larkin Higgins
Art Professor

emphasized the importance of the seniors displaying their artwork. She said the event completes the art process.

"Once you've completed the piece you really need an audience to get feedback from it. If you don't exhibit your work, you're not really completing that entire creative process. It's re-

ally the last step," Higgins said. Favela echoed the idea of displaying the artwork as being the last step in the process of creating art.

"I feel it is important for the artists. They get to show their work, show what they have done. You feel proud of your work. It's kind of like an appreciation for the work you have done for the whole four years," Favela said.

The seniors were in charge of designing and setting up the gallery. Karazissis expressed an appreciation for the capstone class.

"It showed us how to develop a gallery. It was a lot of work," Karazissis said. "We all didn't realize how much it would be. It's great to see how it turned out."

The rock awards were presented by several professors.

Each professor in the art department brought a rock and presented it to the student they think stood out in some way that year.

It was a chance for them to recognize each student's excellence demonstrated through out the year.

Higgins, professor of the capstone class, said the course challenges students to think about how to define their art and the purpose of their art.

"[Students] think about their strengths and weaknesses with their artwork and their techniques and they think about what they really want to do with their art majors," Higgins said. "They project into the future and think about all of the possibilities one can use an art degree with."

The exhibit will be on display in the Kwan Fong Gallery until May 15.

HE SAID, SHE SAID: A LITTLE OF HIM, A LITTLE OF HER A cycle of death at Gold's Gym



HE SAID

Antoine Adams

I don't know how I get myself into these things but once again I'm exercising. This time, on a bike.

We went to a spinning class at Gold's Gym that Allie has been trying to get me to go all year, and I finally gave in. I have since learned my lesson from the last time I went to an aerobics class.

You have to get there early because spots fill up quickly so, for 15 minutes before the class started, I watched different kinds of people who walked into the class. It was mostly girls; a 9-to-1 ratio, of girls to guys.

This class was too serious for me. People came wearing special biking shoes for more grip, wrapped towels around their seat to prevent slipping and attached petals, which is harder to do than it looks.

I was already upset when the class began, because I unwillingly sat in the front row. It's not my favorite place to be because it is much harder to get away with things.

The instructor started the class with a slow pace, which had me feeling confident. Of course, it gradually became more difficult; we started standing up and then she wanted everyone to turn up the resistance.

Like I said, I learned my lesson from the Pilates class. The instructor wanted to push us so she told the whole class to turn up the resistance every minute, and that just

wasn't going to happen on my part. Instead, I put my bike on cruise control and pretended to struggle. I took breaks on my own time and replenished with water often.

To feel at least some of the experience, I turned up the resistance one notch, but that was as adventurous as I was going to be. I still wanted to be able to walk after this exercise.

The good music really helped ease the pain; you just feel the beat and then you can get into a "zone." You can even sing aloud and the person next to you won't hear you because it's so loud.

Taking a spinning class can be a great workout because it focuses on different parts of the body that I don't normally pay attention to.

But, make no mistake, the time was inching by.

I was constantly looking at the clock because I wanted the class to end.

Just remember, when the instructor asks the class to turn up the resistance, just tell her two words that rhyme with "duck Sue." She can't hear you anyway.



She SAID

Alexandra Butler

Exercising is personal. It is important to remember that everyone has his or her own personal regimen, and not everything works for everyone.

This week Antoine and I went to a spinning class at Gold's Gym. The gym can be a very intimidat-

ing place. I noticed a handful of men who had muscles the size of planets, and women who looked like models, barely sweating while working out. My initial thought was "Great I look like Raggedy Anne compared to these pros."

The class doesn't start until 6 p.m., but to guarantee a bike you have to get there by 5:15 p.m. We arrived at 5:20 p.m. and the class was almost full. I love to spin, but, honestly, not enough to get to the gym an hour in advance to get a seat.

Everyone who wants to take the class has to wait in line for a number. While waiting in line I noticed the spin instructor running, which seemed unnecessary to me because she was about to bike for an hour.

The music started and I pedaled "like a bat outta hell" and got my heart rate up. I was pumped up, feeling good and confident. These optimistic feelings lasted only 20 minutes before I was exhausted. I should have paced myself.

However, the energy from the instructor and the determination of everyone else in the class was contagious.

I noticed everyone else kept moving their pedals so I focused on the music and pushed through.

I hardly noticed Antoine was with me the whole time, but having him by my side also motivated me to last the full hour.

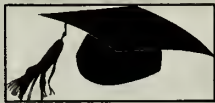
However, after the instructor said the class was going to go five minutes over, I left. Sixty minutes is about all I can enjoy.



To submit a story idea, send an e-mail to echo@callutheran.edu, ATTN: features

A tip of mortarboard

The 2010 Echo Grad Issue will be available at Undergraduate Commencement on May 15, 2010, at 10 a.m.



Be sure to pick up a copy!

Paulucci and Rolland become official grads

[RECIPIENTS, from Page 5] in real estate development, his strong connection to firefighting never ceased.

In 1988, Rolland founded the William Rolland Firefighters Foundation to assist families of firefighters injured or deceased while fulfilling their duty. The organization also funds the William Rolland Firefighter's Educational Institute, which promotes prevention and knowledge of fire and disaster.

Rolland's past of playing football in the U.S. Army factored in his decision to donate \$5 million to construct a first-class football stadium at CLU.

This year, CLU is also awarding the honorary doctorate degree to Bob Brooks, retiring sheriff of Ventura County, who will serve as keynote speaker at the Graduate Commencement.

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OPINION

Current 'go green' movement is a superficial trend

Reshai
Tate

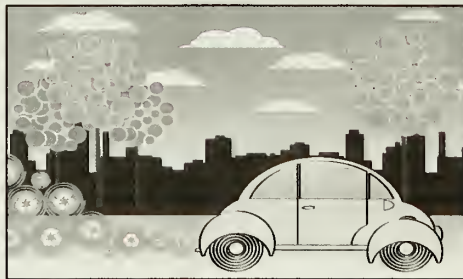
Just like fashion trends, it's pretty tough to keep up with the "cool kids" and their recycling.

Don't get me wrong, I appreciate people making a conscious effort to be less wasteful.

However, I do think it is necessary to acknowledge the place of privilege people "going green" are perceived to come from.

Consider this: According to 2008 census data, there are more than 39.8 million people living in poverty in the United States of America.

For these individuals, I'm sure issues like affordable health care

Photo courtesy of <http://www.sxc.hu/>

and access to education take precedence over "going green."

This isn't to say that this population has a complete disregard for the environment. That isn't the point at all.

But, if one's basic needs are not fully met, fighting to protect the environment may seem irrational.

Does that make them bad

people? I don't think so, but our infatuation with social-proof would suggest so. Rarely do we consider what other issues individuals may be facing that prohibit them from seeing going green as an important issue.

We've been programmed as a society in the last few years to remain environmentally conscious at all costs and to

shun those who aren't.

Then there's the question of intention. What if the daily tasks you do in a "green" way aren't done consciously.

For example, college students seem highly in tune with the green movement. At least on the surface, college students seem to be recycling more and trading out pricey, gas-guzzling cars for mountain bikes, being much more "eco-friendly" than most.

However, for most college students, the decision is more about money than the cause.

After all, our lives are organized by our priorities, and money, or the lack thereof, always makes the top of the list.

In these shaky economic times I think the decision to "go green" has a lot to do with saving bucks rather than saving Mother Earth. Maybe it's the realist in me, but the prospect of saving a little money is much more

persuasive when I decide not to buy an over-priced bottle of water in the Centrum. The fact that I'm saving the environment by filling up my Nalgene water bottle instead is an afterthought at best.

Does that change anything for people who are passionate about the environment? I don't think so.

In the grand scope of things, I'm not really sure if the massive pressure we put on each other is necessary.

Kudos to those who have made the environment their cause of choice. I think it's a worthy cause.

But with there being so many other things to be worried about, I think it's okay to give some slack to those people who don't place environmental consciousness at the top of their priority list.

It's only fair.

Dating on college campuses different than 'real world'

Erica
Larson

The male and female dynamic is one that continues to perplex and amuse even the most unromantic of skeptics.

Though there is always a human level on which men and women relate, the beginnings of a relationship start with the acknowledgment of how different the two sexes are.

Men and women have always been intrigued by each other's attitudes and behaviors, but often times the divide between the genders seems just too great of an expanse to traverse.

At a small school like California Lutheran University, people have an opportunity to meet and socialize with members of the opposite sex where the distance between men and women is made smaller by all that is shared by students of the same school.

For many, college is simply a means by which one becomes more educated.

For others who desire a more motion-picture type "college experience," learning takes place outside the classroom.

In regard to romantic relationships, college students not only have opportunities to discover characteristics they find attractive in a potential partner, but begin to understand their needs, the needs of another and how to seek balance between

the two.

A college campus can be the ideal place for people to meet and interact with one another. Classes, events, lectures, dining and intramural sports provide endless opportunities to meet new people.

A collegiate backdrop as a place of meeting is also conducive to positive interactions. Students who attend the same school have common ground on which to easily relate.

On the other hand, a school setting can be the perfect distraction should an experience between two people go awry. With all campus events and news feeds, moving on from an unsuccessful relationship is not as challenging.

I wonder whether dating is easier on campus or in "real

Photo courtesy of <http://www.sxc.hu/>

life" and what the positives and negatives for each situation are.

In real life, people are often at different stages of life.

Though healthy relationships can exist between people who are in different places in their lives, there is a great understanding and a certain redemptive quality to find a person going through much of the same mental and physical circumstances.

Similarly, relationships that begin in a small school setting typically allow for a grace period where people can get to know one another without the pressure of taking the next step.

Taking the time in the beginning to get to know someone will inevitably save time in the long run because these beginning stages determine whether or not you will continue to invest your time.

Relationships do exist on campus, but what makes them healthy and functioning? How are they initiated and by whom?

The answers to these questions

are subjective, at best.

However, I believe the healthiest relationships are rooted in honesty and communication.

Without honesty, there is only insecurity and unrest built upon deception; one or both parties have been bribed by some kind of lure and untruth that will continue to fester until they burst.

Without communication, both parties are rendered blind and remain in the dark, unsettled and confused.

Of course, nobody wants to suffer rejection, but it really is the fear of rejection, not rejection itself, that is the most damaging.

Often times, people interested in having a relationship develop tunnel vision, focusing only on the potential rejection, when in reality it is most important to focus on being honest with yourself and the person you are talking to and to communicate as effectively as possible.

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Unschooling is unwise



Jennifer
Nechiporenko

Unschooling is nothing new, but recent news coverage of the learning method has been causing much controversy lately.

The term "unschooling" was coined by educator John Holt back in the 1970s and refers to homeschoolers who have no set curriculum.

The parent is to administer lessons, but only if and when the child asks to be taught.

In other words, the child has complete control and is totally in charge of learning— not the adult.

This means that a child does not learn to read and write until they ask to be taught how to, which in some cases is years behind public school curriculum.

According to Pat Farenga, who wrote the book "Teach Your Own: The John Holt Book of Homeschooling" about the unschooling movement, "It isn't

unusual to find unschoolers who are barely 8 years old studying astronomy or who are 10 years old and just learning to read."

This learning method is a bit extreme and not to mention irresponsible on the parent's part.

It is hard for me to fathom that a parent would think this style of learning is what is best for their child.

I understand that some children love learning and want to know everything, but what about the children who would rather play video games all day?

According to the rules of unschooling, parents would have to let their kids make that decision for themselves, even if that means playing video games and watching TV rather than learning.

If a child does not want to learn math or is uninterested in grammar, then that is that. No math. No grammar.

This makes me wonder just how many kids are being robbed of a proper education.

According to ABC News, "Out of an estimated 56 million school age children [in the United States], about 1.5 million are

homeschooled. Of that number, at least 100,000 are believed to be unschooled."

Are these 100,000 children going to be prepared for college and the real world when they have no formal educational background or knowledge of how a basic school system works?

Or better yet, should they even be allowed into college with no former set curriculum? How will colleges know if they have mastered or even learned the required material?

I don't see how someone who grew up being unschooled could function at California Lutheran University – or any university – for that matter.

While parents in support of the unschooling movement argue that their children are more creative and have experiences that other kids do not, I believe they are doing a great disservice to their children.

Even if they do not agree with how the public school system works, they still need to accept the fact that their kids will be a part of that society one day.

Wouldn't it be better if they are properly prepared for it?

Injectons are unethical

'Naturally produced' HGH provides way to circumvent drug testing



Julie
Randall

It seems that all athletes, regardless of their level of ability, have one thing in common: they all want to run faster, jump higher and throw harder. For years, the only way to enhance performance was through intensifying your workout regimen or using anabolic steroids. In recent times, athletes have been turning to other substances.

One such substance is the human growth hormone, more commonly known as HGH.

HGH is produced naturally in one's body by the pituitary gland. It is known as the "hormone of youth" because of its anti-aging qualities. HGH serves many functions and is plentiful in a young body. As you grow older, levels of HGH begin to plummet. Similar to steroids, HGH helps you build muscle and heal at a faster rate.

According to a recent article on yahoo.com, though the substance is illegal, there is no way to test for it in athletes. The yahoo article goes on to state that, "even though HGH is on the list of banned substances, there is no urine test for it."

HGH may sound like an athlete's dream, but here's the catch: there are potential health risks with using the hormone.

According to bodybuildingweb.net, "Acromegaly disease is caused by too much HGH in the body. It is the overgrowth of the bones and connective tissue causing a protruding jaw and eyebrows. You will start to look like a 'cro magnon' man. Your hands and feet become abnormally large, and your internal organs grow, including your heart, which is irreversible. Liver and thyroid damage and low insulin levels are also possible side effects of abuse. You may also possibly be putting yourself at risk of cancers and other health effects."

It's pretty scary sounding. In regards to your overall

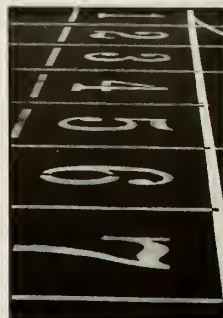


Photo courtesy of <http://www.ssc.hu/>

health and well-being, taking HGH is a gamble.

You may become a stronger athlete, but you could potentially damage your body. Winning is important in any sport, but it is crazy how far some athletes are willing to go.

I understand the drive to succeed and desire to improve oneself as an athlete, but to me, it is not worth putting your health at risk.

On an ethical level, HGH is also questionable. Is it fair that some athletes are given an advantage due to an added substance?

Perhaps sports officials and doctors should work together to develop a test in which they can easily and routinely test players for HGH, just as they would for steroids.

If steroids are illegal at the college and professional sports level, then we should enforce rules for the banned HGH substance too.

It may be a 'naturally produced' by the body, but putting high doses of it into your system is by no means natural and can definitely give an athlete advantages over others who do not use the hormone.

If an athlete wants to improve, they should spend more time in the weight room or increase their training intensity.

They should put in an honest effort to better themselves.

The bottom line is HGH is illegal except for in very specific cases in which it is prescribed by a doctor.

Just because there is no way of getting caught that does not make using HGH acceptable.



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SPORTS

Baseball team finishes season in second-place tie

Andrew Adams
Staff Writer
and
Trace Ronning
Sports Editor

The Kingsmen used big innings throughout the game to hold off the ninth-ranked Pomona-Pitzer Sagehens 11-7 on Friday in what was the final home game for many seniors including Matt Martin, Chris Hertz and Paul Hartmann.

Cal Lutheran exploded for seven runs during the fourth inning that was capped off by an inside the park grand slam by Martin. Martin was able to round the bases after Sagehens center-fielder Travis Rooke-Ley crashed into the outfield wall while chasing Martin's blast.

"I knew I hit the ball well, so I just kept running on the play, and it turned into a home run," Martin said.

The Kingsmen were boosted by senior Chase Tigert, who pitched four innings in relief of starter senior Greg Gelber. Tigert scattered three hits and struck out four Sagehens during his outing.

After Pomona-Pitzer cut their deficit to one run in the fifth inning, the Kingsmen scored three times in the seventh to expand their lead once again. This time junior Travis Dadiagian provided the big blow with a two-run single to score senior Landon Smith and freshman Garrett Smith.

Freshman Trevor Koons followed with a run scoring single of his own to complete the Kingsmen's successful day at the plate.

The heart of the Sagehens lineup did most of the damage, with James Kang, Nicholas Frederick and Erik Munzer combining to go 6-13 with three runs and four RBI. Pomona-Pitzer struggled with runners on base as they stranded 10 players.

"I thought we did a good job of getting guys on base, but we just couldn't get them in and that was the difference in the game," Pomona-Pitzer coach Frank Pericolosi said.

By defeating the Sagehens, the Kingsmen were able to send all of their seniors home with a win during their last game at George "Sparky" Anderson Field, something that meant a lot to the team as a whole.

"I told the guys that they wanted to go out as winners and that starts with you," Kingsmen coach Marty Slimak said. "I looked at all the freshmen, sophomores and juniors and told them to play as hard as they can to let these guys go out as winners."

The Kingsmen defeated La Verne 15-7 on Saturday to clinch a tie with Redlands for second place in the SCIAC.

Cal Lutheran broke a 1-1 tie by scoring four runs in the second inning thanks to junior K.C. Judge, who went 3-4 with three RBI in the season finale.



Photo by Kevin Baxter - Sports Information

Blast Off: Brandyn Delgado helped the Kingsmen to a 15-7 season-ending victory with a three-run homer.

The Kingsmen never trailed in the contest and increased their lead to 10-2 in the third inning thanks to a three-run homer by sophomore Brandyn Delgado.

La Verne was able to tack on one run in the sixth and four runs in the seventh inning, but it was not enough to catch up to Cal Lutheran.

To top off the game, the Kingsmen scored two runs in their half of the ninth after sophomore Tom Hocutt pinch-hit a double

for Judge, and the next two batters, Hartmann and Delgado, reached base via getting hit by a pitch and a walk.

Junior Ian Durham closed the game for CLU, allowing no runs and striking out two La Verne batters, one of those strikeouts ending the game.

The Kingsmen will find out their postseason fate by May 16, when it will be determined if they've earned an at-large bid to the NCAA West Regional tour-

namment, taking place in Linfield College in Oregon.

The tournament will have 55 teams, and 36 teams already have been invited by winning their conference.

The NCAA selection committee will spend the next 11 days determining who is worthy of an at-large bid.

California Lutheran ended the season by winning 10 consecutive conference games and 10 of their last 11 overall.

From chasing boys to records

Gabriella Gomez
Staff Writer

As a sophomore in high school, Nicole Flanary just wanted to have fun and exercise.

"I just wanted to meet one of the guys on the 4X400 team. Young and foolish right? I got thrown in with the distance runners my first day of practice and seven years later here I am," she said.

Flanary, a senior at CLU, has been competitive and active her whole life. She swims, bikes, hikes and runs. However, she found her real passion was in running.

"I used to do cheerleading and played basketball. As soon as I started running, I knew I had found my passion, and I haven't looked back. There's nothing like it, and it's something I'll continue to do the rest of my life," she said.

All three years Flanary ran at Our Lady of Mt. Carmel High School in Tempe, Ariz., she was captain of her team.

As a captain for the Regals, Flanary keeps her team's spirits high and motivated.

"Nicole is amazing. All the girls look up to her because of her confidence and her wonderful athletic

ability. She leads the team by example — always doing what it takes to get the job done," senior runner Brian Kahovec said.

In her sophomore year of high school, Flanary's coach created an award for her called the "Tough As Nails" award. She was injured leading up to California Interscholastic Federation (CIF) Championships but refused to sit out.

"It meant too much to me. I collapsed at the finish line, but medaled in the race and got a Personal Record on the course. My coach said 'That was the dumbest decision you could've made,' but sometimes if you want something bad enough and you're tough enough, you can do things your body doesn't think you can," Flanary said.

She now runs the steeplechase for CLU. Steeplechase is a race that consists of a water jump and six hurdles every lap. It's 3K, which is a total of 7.5 laps.

"I've faceplanted a time or two. It's probably much funnier watching me do it. I don't really see the humor in it when I have to will myself up and run six more laps while jumping hurdles," Flanary said.

Flanary has many lucky tradi-

tions that she practices before each race to help keep herself motivated.

"Well, I never wear matching socks, which everyone knows, but each season I write a different quote on my spikes like 'leave nothing' or 'until it hurts.' I think that LeBron James' rookie year in the NBA I had 'witness' written on there. Lately, I've been writing my brother's football number on my hand too; he's my inspiration," Flanary said.

Flanary reflected on her college career at CLU and thought that the level of accountability that is expected in sports will help her later in life with any job.

"If you don't put in the effort during practice, take care of the little things, go all out in your game or your race, it shows. If you aren't where you want to be, you have no one to blame but yourself. There's a quote, 'no one said it'd be easy; they just said it'd be worth it.' That's what I've learned from sports that will follow me both professionally and personally in the future," she said.

Flanary auditioned and was chosen to be the Undergraduate Commencement speaker for the May 15 graduation ceremony.

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Intramural sports come to a close for the year

Sasha Voinovich
Staff Writer

No "Hell Week," no early morning practices and no coaches; just some friendly competition here on campus. Students at CLU have shown a lot of interest in the spring intramural sports offered this semester.

According to the Cal Lutheran Web site, the Intramural Program is "designed to combine physical, social and recreational well-being by offering a diverse program of sports activities." The Intramural Program extends its offer to students, faculty and staff, hoping to keep the participation and competition at a good level.

Flag football, tennis, dodgeball, spring volleyball and basketball

were offered this spring.

Freshman Kirby Ai joined a volleyball team this semester with freshmen buddies Carter Baldwin, Mike Spitz and Mike 'Akira' Austin.

"I never played volleyball before until I started playing intramurals," Ai said. "It was a really good experience, and I learned a lot."

Baldwin and Ai are members of the CLU men's water polo team during the fall and were looking for ways to stay active in the off-season. CLU athletes are allowed to participate in intramurals as long as they do not sign up for sports that are similar to the ones that they play.

"Students can gain new friends, new experiences, a steady support group and most importantly learn

teamwork," Ai said.

Teamwork is what helped freshman Carly Schroeder's team win the Dodgeball Championship this past week.

"It was a great experience. I thoroughly enjoyed it, and when we won, it seriously made my night," Schroeder said.

Schroeder had substituted for a soccer team and a basketball team last semester, but this was her first time playing on an intramural team.

"[Senior] Jordan Culpepper asked me to play and of course I jumped at the chance. I love dodgeball," Schroeder said. "I think that an opportunity for a little friendly competition and team camaraderie should be taken advantage of. CLU is great about

providing opportunities for students to work together as a team and build close relationships through friendly rivalry."

All of the sports were offered on campus on different days of the week. Students were allowed to sign up as an entire team, or as a free agent where they were drafted to a team in need of more participants.

Signups for intramurals are at the beginning of each semester, and students are encouraged to participate in as many sports as they want to. Some teams play dodgeball on Tuesday nights and then flag football on Sunday afternoons.

CLU sophomore Grant East enjoys playing intramurals aside from his duties as a swimmer at

CLU. "It is a great way to get involved," he said. "I try and play on at least one team every semester."

East said there are only a few negatives to the Intramural Program.

"Sometimes the referees have friends on the team, so that doesn't help," East said. "Being a college student means you are busy, and sometimes people don't show up for the game, which is frustrating."

Schroeder's only negative was that her celebration had to be put on hold because of finals next week.

"After the game, we went back to the dorms and studied for finals. We will wait until finals are over to celebrate," Schroeder said. "Classes come first, then the fun stuff. After all, this is college."

COVERING ALL THE BASES:

Summer of shake-ups, the NBA's biggest stars could be on the move



Andrew
Parrone

While the playoffs this year will determine the present state of the NBA, a potentially monumental summer could shift its landscape for the foreseeable future.

No offseason in recent memory has generated this much interest, and several teams have geared their whole seasons around it.

That's not even counting the Knicks, who have seemingly thrown away the last five years in

hopes of finally making a big splash.

Most of the hype is centered on the looming free agency of a certain two-time MVP. But aside from LeBron, there are a number of big-time players who figure to be available.

The pressure is on Cleveland to win now, or else risk losing the greatest player of the generation. As loyal as LeBron has been to his home state, I think he'll be gone if they can't get it done this year.

The Cavs are getting old around him, and he can't waste all the prime years of his career on a perennial playoff bust.

In the end, I think he is going to stay in Cleveland. The Cavs have shown they will go to any lengths to try and put a good team around

him. But in the interest of bigger headlines, I hope he moves on. If he decides to leave the Cavaliers and sign with the Knicks, it will be the biggest sports story of the year. It would also prove without a doubt that the city of Cleveland is cursed for the rest of eternity.

Any other year, Dwyane Wade would be the guy teams line up for. But because LeBron is going to be on the market as well, Wade has been the forgotten man in the equation. I think most people assume he is staying with the Heat. Let's be honest, who would want to leave South Beach?

The Heat also have the added benefit of a ridiculous amount of cap space, the most in the league, actually. They should have enough

money to give a max deal to Wade and another front line free agent such as Amare Stoudemire or Carlos Boozer.

The free agent that most people assume is going to leave his current team is Chris Bosh. It's not like Toronto is the center of the basketball world. My guess is that he is going to end up in Chicago, because the Bulls have the money and absolutely no low-post scorers. The combo of Bosh and Derrick Rose should sound downright frightening to the rest of the NBA.

The NBA Draft could affect a few lucky teams as much as free agency. Until the Draft Lottery, it is impossible to know what is going to happen, but figure on John Wall and Evan Turner being the first two

picks in some order.

Wall is one of the most explosive point guards to enter the league, while Turner is the most versatile and complete wing the game has seen in a while. Any team would be lucky to land either of them.

In sports, the ultimate measure of success is winning. Though the off-season plays only a small part in the equation, it is the foundation from which everything must be built upon.

And this summer could shake that foundation more than any other.

To submit an idea, send an e-mail to echo@callutheran.edu, ATTN: Sports

ATTENTION!! Summer Camp Workers !!

If YOU are working this summer at a Summer Camp, give us your address and receive a fun surprise MAILED to YOU at camp! Students need to be either a volunteer or paid employee of a Youth Summer Camp as a Counselor, Instructor, Aide, Youth Leader, etc. If YOU'D like to participate in this LIMITED TIME OFFER and receive something FUN & FABULOUS in the mail this summer, please email your Summertime work address to campusministry@clunet.edu.



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DEADLINE: Friday, May 21, 2010

Regals water polo is Wisconsin bound for Division III Nationals

Amanda Lovett
Staff Writer

Regals water polo is headed to Wisconsin this week after a third-place win at the SCIAC conference this weekend, offering them a chance to be Division III National Champions.

This is the third year in a row California Lutheran University has gone to the national championship tournament in women's water polo.

"We did deserve to win, but there were three very evenly matched teams," senior Joy Cyprian said.

After a 12-8 win on Friday against Whittier, Cal Lutheran was placed as No. 3 in the SCIAC conference.

Senior Meredith Butte led the team with four shots in the first round game; followed by two shots each from teammates sophomores Christina Messer and Kelsey Bergemann and senior Lauren Bridges. Cyprian added three assists for a team high, along with a steal and a pair of drawn exclusions.

The Regals trailed 5-6 in the first half, but then came back with seven goals while allowing two in for a final of 12-8. Goalkeeper Kylee Tomasetti had five saves, three steals and two assists to celebrate her first collegiate postseason experience.

"We played really good defense, and our team played to the best of our ability," Cyprian said.



Photo by Scott Chisholm - Sports Information

Brick Wall: Freshman Kylee Tomasetti recorded nine saves against CMS.

The Occidental Tigers are the only team to defeat the Regals the past two seasons in a row, and the Tigers proceeded to do the same for a chance at conference title, but not without a good fight for a final score of 6-5.

The battle of the conference consisted of four tie-breaking moments, where both teams were an even match all four quarters and into overtime. Overtime possession by the Regals was rebounded off the crossbar to the Tigers by Bridge's sweep shot.

"I just wanted to win really bad," Butte said. "Being really tired, sunburned and physically

spent, we wanted to bring it all out and get everyone involved and come out on top with a victory."

Junior Bobby Sanders made several defensive plays, while Tomasetti allowed only two goals over the final minutes of the game. However, even when the team makes all the right moves, there's only one winner.

"Sometimes, even though you have good chemistry or defense, there can only be one winner in the game; sometimes you don't come out with a victory even when you give it 100 percent," Butte said. "We don't have any

regrets. We did everything we could, and sometimes you just don't win."

Occidental put Cal Lutheran in third place for the SCIAC conference title, to play against Claremont-Mudd-Scripps on Sunday.

The Athenas were the victim of the Regals' SCIAC rebound in a 5-3 victory to set them as third place SCIAC champions and put them in the running for Division III nationals.

The Regals scored two in the first quarter and three more in the second to put them up 5-2 at the half. CMS scored two shots in the second quarter and shut out CLU for the remainder of the contest, but only managed one more goal of their own.

Cyprian led the team with a game-high of three shots, followed by Bergemann's and Butte's singles.

Tomasetti's nine saves continued to hold off the Athenas for Cal Lu's eighth SCIAC conference win of the year.

The Regals have only lost two conference games (both against Occidental), since the start of the season going 10-0 into SCIAC to become this year's defending league champions.

"We fought through a lot of adversity just with the crowd and the intensity of the game. We had good defense and played really well as a team," Butte said. "Sometimes you can't control a lot of things, but we can control

our chemistry together."

Pomona-Pitzer defeated Occidental in overtime 12-11 for their third SCIAC Championship in four seasons.

The Regals (16-12, 8-2) head to Kenosha, Wis., on Thursday for the Collegiate III Championships hosted by Carthage College. The event will have a total of four games, two on Friday, May 7, and two on Saturday, May 8, where the girls will battle it out with Division III champions from across the country.

"It's going to be a grueling tournament. They are always really tough," Butte said. "They are really tiring, and by the time you're done, all you want to do is sit."

This is the third year in a row the Regals are competing in the national championship tournament.

"It's really cool because it's nice to be there. Even though it's not D-1, it's still a prestigious event," Butte said. "To be ranked No. 1 in a division is a really cool thing. It's an exciting time, and I'm really looking forward to it."

To be successful in the championships, Butte knows exactly what the team must do.

"We're just going to stick to what we've been practicing — everything that got us to this tournament," Butte said. "It's all we can do. It will come down to playing with heart and giving it everything we can; and this time we plan on coming out on top."

Regals let title slip through fingers in championship

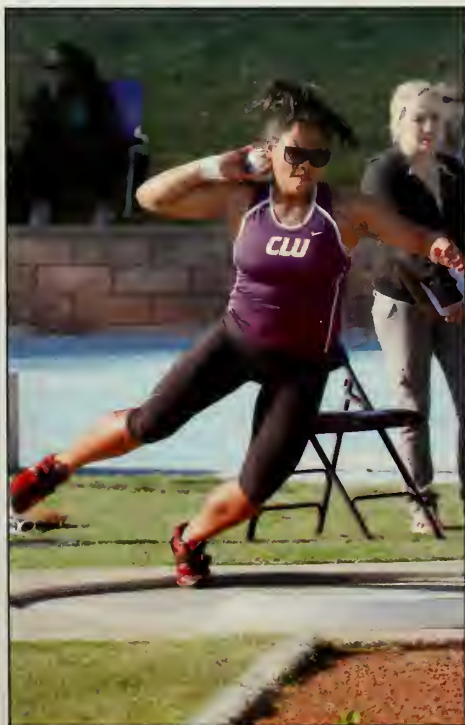


Photo courtesy of Tracy Maple - Occidental Sports Information Director

Top Five Finish: Jackie de la Paz finished fourth in SCIAC in the shot put.

Echo Staff Report

This past weekend in Claremont, the SCIAC Track and Field Championship meet took place. The Regals took the lead on day one but failed to hold on to the top spot in day two, and Redlands claimed first place.

Redlands won the SCIAC title with a score of 162 points. California Lutheran University finished as the runner-up at 139 points, and Occidental placed third with 112 points.

Ember Reyes, a junior sprinter and jumper, was proud of the effort the Regals put forth en route to their second place finish.

"I am so proud of how well the team performed this weekend. Both the men's and women's team stepped it up and so many people had personal bests."

CLU placed high in many of the events over the course of the meet. One of the top performers in her individual events was senior Christa Youngern.

Youngern won all three of her events: the hammer throw, discus throw and shot put as well as setting records in each event — the first time she'd ever done so in one meet.

"It was a pretty bittersweet result. Succeeding in all three events is just transcendent, but

as I finished the meet, officials, competitors and coaches from other schools said goodbye for the last time, and I was sad to say the least," she said.

Her first shot put throw of 42 feet and 6 inches earned Youngern her eighth individual SCIAC title, as it proved to be enough to win the event.

"Christa is an amazing athlete and a great person. She works hard to be the best and that is why she finishes at the top," junior thrower Thea Cornell said.

Sophomore Toccoa Kahovec won the steeplechase and nearly matched that performance in the 1,500 meters, finishing as the runner-up to the defending SCIAC champion of Pomona-Pitzer, Alicia Freese.

Senior Jessie Predovic scored in several events, placing third in the long jump, triple jump and the 100 meters. She also finished fifth in the 200 meters and both the 4x100 and 4x400 meter relays.

Junior Kara Komarzec finished as the runner-up in the 100 meters and third in the 200 meter race.

The Regals finished in second place for the second straight year. "We were so close to finishing first this year; it is only going to motivate us to do better next year," Cornell said.

Over the past four seasons the Regals track and field team has steadily improved from fifth place finish in 2007, to a third place finish in 2008, and now back to back years in '09-'10, the Regals have finished in second place.

A first place finish still eludes them but the progress is evident in the track and field program here at CLU.

"You can't ask someone for more than their best, and as a team I think we did exceptional in that respect. Personal bests were had, school records fell and Cal Lutheran remained on the National Top 20 Lists for both women's and men's teams," Youngern said.

The track and field season is not over yet. Next on the schedule for the Regals is the Occidental Invitational on May 8, where members of the CLU team will be competing.

On deck



Occidental Invitational
Los Angeles
May 8